

Our Services

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*I feel safe and cared for
and able to learn, grow
and make a difference
in my community.*

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Thank you for your interest in City of Chelmsford Mencap and its services. This information pack includes background on the following:

- About City of Chelmsford Mencap
- About learning disability
- Our services
- The Outreach Academy

Contact us

We would love to answer any questions you have and to chat about your needs and abilities! Just email info@cityofchelmsfordmencap.co.uk

You can also speak to a member of our team in the Mencap Centre office on 01245 268 303.

About us

City of Chelmsford Mencap is a registered charity which was established in 1951. It provides lifelong learning, social opportunities and specialist support for people with a learning disability in mid-Essex. We currently support 350 people and are actively seeking to increase our reach.

The charity is affiliated to Royal Mencap Society (RMS) but is an independent, local, charity and receives no direct funding from RMS or government.

In 2020, City of Chelmsford Mencap received the **Queen's Award for Voluntary Service**, the highest honour for voluntary groups. This award recognised the strong voluntary ethos that runs through our charity, from the trustees to the occasional voluntary supporter.



5600

People with a learning disability in mid-Essex

About learning disability

Learning disability is a reduced intellectual ability and difficulty with everyday activities which affects someone for their whole life.

It is often confused with learning difficulty and mental health issues. However, learning difficulties, such as dyslexia, do not affect intellect. Mental health problems can affect anyone at any time and may be overcome with treatment, which is not true of learning disability.

Learning disability can be caused by specific conditions, such as Down Syndrome, birth trauma or early childhood illnesses.

Learning disability may be mild, moderate or severe and people may also have associated sensory and/or physical impairments.

CCM supports service users who have a wide range of conditions including Down Syndrome, Autistic Spectrum Disorders, Global Development Delay, Edwards Syndrome and ADHD. Many of our service users also have mobility and/or sensory impairments and chronic health conditions such as diabetes, asthma and arthritis.

People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

It's important to remember that with the right support, most people with a learning disability in the UK can lead independent lives and fulfil their potential.



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CCM's mission is to nurture, empower and celebrate every individual impacted by learning disability by enabling their own unique sense of belonging, dignity, resilience, independence and achievement.

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Our services

City of Chelmsford Mencap runs a range of services to support people impacted by a learning disability, either directly or indirectly, to live their lives to the fullest:

- The Outreach Academy, a lifelong learning service helping people develop life, work and social skills.
- The Virtual Academy, an online learning platform, set up to ensure our service users could maintain their skills, friendships and support networks during the pandemic.
- Working Out, a work placement initiative.
- Social enterprises and community volunteering projects, promoting the talents of our services users and their ability to make meaningful contributions to their local community.
- Our Advocacy and Community Support Service, helping service users to maximise their independence and resilience.
- Evening social clubs providing a wide range of fun and engaging activities.

£10

**A weekly welfare call
to a vulnerable person**

£50

**Support meeting with a
specialist adviser**

£20

**A class, building life,
work and social skills**

£100

**One day's tutoring for
up to 30 learners**

The Outreach Academy

City of Chelmsford Mencap's lifelong learning service, The Outreach Academy, was established to bridge the gap between traditional day centres and accredited adult education courses.

The Outreach Academy delivers structured learning, with a broad curriculum:

Art	Functional skills
Cooking	Horticulture
Dance, including seated dance	Hospitality
Enterprise	Music
Expressive arts	Yoga

Every course supports students to develop and maintain life, work and social skills. Many focus on projects that enable participants to demonstrate their abilities and to make meaningful contributions to their local community.

Outreach Academy students are often involved in Chelmsford City's cultural events such as Concrete Canvas street art festival, Chelmsford100 art, history and walking festival and Chelmsford Radio Drama festival.

As students develop skills and interests they have opportunities to progress on to:

Active in the community and environment: The ACE team maintains community gardens at Broomfield Hospital and Farleigh Hospice and grows produce for CCM's culinary enterprise at their allotment.

Enterprises In!Designs and In!Catering: CCM's social enterprises teach business and advanced design, production and cooking skills.

Working out: CCM's work initiative offers fully supported placements with long-term progression opportunities.

Find out the latest news on our social media channels!



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CCM's vision is for every person impacted by learning disability, directly or otherwise, to live life to the fullest without impediment, exclusion or disadvantage

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mencap
City of
Chelmsford

Registered Charity No. 1171835

www.cityofchelmsfordmencap.org.uk