

# Services For All Handbook

Sources of information for families of people  
with learning disabilities from minority  
communities



Produced by ARC (The Association for Real  
Change) in association with MENCAP

# MENCAP

*Understanding learning disability*

First Edition 2001

Second Edition 2006

This is a handbook of information about learning disability services for people from Black and/or Minority Ethnic (BME) communities. It is intended to support families and people with learning disabilities who are from a BME background.

As far as is possible the information was correct when the book was printed (this version was printed in 2006). However things do change from time to time.

This information is about national organisations and policies.

However, room is provided for you to add your own local information.

This handbook is also available In English only) on-line at [www.iden.org.uk](http://www.iden.org.uk) this will allow you to follow the links rather than type them in yourself.

## **Glossary**

Here is a short description of some of the words used in the handbook.

Accessible – this means easy to read and understand for people with a learning disability.

Advocacy – this means having people speak up for you if you have problems expressing yourself.

BME – BME stands for Black and Minority Ethnic. It is a term the government uses to mean all people from minority communities.

Learning Disability - Learning Disability is a term that is used to describe the difficulties that some people have in learning things that society expects them to learn at certain stages in their lives.

Some people are born with certain impairments that restrict or reduce their ability to learn as quickly or as readily as others.

Learning disability is not an illness, it is a permanent condition, although in some cases an illness may be associated with the condition.

Some people are much more profoundly affected than others, these people may require help with most aspects of daily living, whereas those with mild disabilities can usually live with less support, but require some help with social or emotional issues.

Statutory – Statutory means that the service or organisation was brought into place by law.

Transition – Transition means change, normally it is used to mean the change from children's to adult services.

Voluntary – Voluntary means the organisation or service is offered without a law requiring someone to provide it. Often this means a charity is doing it.

Website – Websites are places on the Internet where organisations have and display information. They can be very useful but you need to make sure you know who is providing the information and that it is up-to-date.

-This booklet can only give details of website and organisations it cannot be held responsible for the information they give or is displayed. However we have tried to ensure these are all useful contacts.

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## **Language Line**

There is an interpreting service called Language Line that will provide telephone interpretation services.

Language Line Ltd  
Swallow House 11 – 21  
Northdown Street  
London N1 9BN  
020 7520 1430

[www.language-line.co.uk](http://www.language-line.co.uk)

Most public authorities (and a number of charities) will be able to access this. However, you will need to tell them if you want this service. It is very important that information you receive is in a language and form that you understand.

If English is not your first language, ask for interpreted information either written or spoken. Public authorities have a duty to do this and, if they know, are usually willing to do so.

However, this does mean that someone will have to ask in English for the interpreting. It is your right to have information that you understand.

There is no charge to you, the service you are phoning pays to join Language Line.

In this book we are going to consider some key issues. These are issues that families may need to know about - but please remember this is just the starting point. You may need to find local contacts where you live.

This booklet can only provide details of national services. However, room is available to add your own local contacts. The national contacts may be able to direct you to their local representatives and many of the websites will give you these details.

Some websites will also have links to lots of other useful sites and resources. To start with here are details of some very useful websites.

## **MENCAP**

MENCAP is a UK wide charity that campaigns for children and adults with a learning disability, their families and carers. MENCAP aims to improve their lives and opportunities.

The website has sound options to help a person listen to information. MENCAP has active local branches whose details can be obtained from the main office.

MENCAP  
123 Golden Lane  
London  
EC1Y 0RT  
020 7454 0454

MENCAP also hosts the Learning Disability Helpline on 0808 808 1111. This is a very useful resource and the helpline uses Language Line

[www.mencap.org.uk](http://www.mencap.org.uk)

**Valuing People** – Valuing People is the name of the government document produced in 2001 specifically related to people with a learning disability. The website that supports this is -

[www.valuingpeople.gov.uk](http://www.valuingpeople.gov.uk)

The website holds lots of information and you may be specifically interested in the ethnicity section.

**Check the Map** is a very useful site that gives links to lots of other sites. It is a good way of finding these without having to remember all the other names and details.

[www.checkthemap.org.uk](http://www.checkthemap.org.uk)

For families with young people who are moving through transition the website **Moving On Up** has lots of useful information in.

[www.movingonup.info](http://www.movingonup.info)

All these websites are accessible.

## **Sources of Information – National Organisations**

The following pages contain details of organisations that will be able to help you.

In alphabetical order these are –

British Institute of Learning Disability (BILD) – page 14  
Citizens Advice Bureau (CAB) – p 15  
Carers UK – page 16  
Contact a Family – page 17  
Commission for Racial Equality (CRE) – page 18  
Commission for Social Care Inspection (CSCI) – page 19  
DIAL – page 20  
Disability Rights Commission (DRC) – page 21  
Foundation for People with a Learning Disability (FPLD) – page 22  
Mencap – (see page 10)  
National Association for Adult Placement Services (NAAPS) – page 23

There are details of some other useful sources of information – but these are not learning disability specific.

Open Gov website

Multikulti

Both of these are on page 24

## **BILD – The British Institute of Learning Disability**

BILD is working to improve the lives of people in the UK with a learning disability.

BILD are an organisation involved in research, training and support for people with a learning disability.

BILD  
Campion House  
Green Street  
Kidderminster  
Worcestershire  
United Kingdom  
DY10 1JL

01562 723 010

[www.bild.org.uk](http://www.bild.org.uk)

At the moment the information on the website is only available in English and they do not subscribe to language line.

## **Citizens Advice Bureau – CAB**

Citizens Advice Bureaus are situated across the country – they can offer help and advice on a large range of subjects – not just disability.

Although they might not be able to answer some very specific questions they will be able to let you know what your rights are and how to get them.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

There is online help in a number of different languages available on -

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

(Look down the left hand side of the screen)

## **Carers UK**

Carers UK provide advice and information to carers.

Their booklet is available in a number of languages. If you look on the website they also have links to other translated material

Carers now have the right to an assessment of their own and Carers UK will tell you how to get one.

Carers UK  
20 – 25 Glasshouse Yard  
London  
EC1A 4JT

[www.carersuk.org](http://www.carersuk.org)

(Look for ‘other languages’)

(Freephone) 0808 808 7777  
Wednesday and Thursday  
10am-12pm and 2pm-4pm

## **Contact a Family**

Contact a Family offer support to families who care for children with any disability or special need.

Contact a Family  
209 – 211 City Road  
London  
EC1V 1JN

[www.cafamily.org.uk](http://www.cafamily.org.uk)

Helpline (freephone) 0808 808 3555

They subscribe to Language Line (see page ) and will be able to set up a conference call with an interpreter.

Their website has information in a lot of languages and they have people who you can contact who might speak your language

## **Commission for Racial Equality - CRE**

The CRE is *‘working for a just and integrated society, where diversity is valued.’*

Its main aims are to work towards elimination of racial discrimination, encourage good relations between people and monitor the way the Race Relation Act is working.

Commission for Racial Equality (CRE)  
Elliot House  
10 – 12 Allington Street  
London  
SW1E 5EH

020 7828 7022

[www.cre.gov.uk](http://www.cre.gov.uk)

## **Commission for Social Care Inspection – CSCI**

CSCI ensure that the National Minimum Standards are upheld by organisations. There are standards for Adult Placement, Domiciliary Care (which you can receive in you own home) and for Residential Homes. These standards are available on line and reports about individual homes and services are available locally.

If you have a complaint about any support you or your family are receiving you should tell CSCI

[www.csci.gov.uk](http://www.csci.gov.uk)

The website has information in a number of languages on it.

This national website also has details of all the local offices.

## **DIAL UK**

Dial offer information and advice about all aspects of disability. The organisation is run for and by disabled people.

Dial UK  
Park Lodge  
St Catherine's Hospital  
Tickhill Road  
Doncaster  
DN4 8QN

[www.dialuk.info](http://www.dialuk.info)

01302 310123

This main number will be able to give you details of your local office.

Your local office can offer free independent advice on all aspects of disability over the telephone and in drop-in centres. Contact your local office for local information.

## **Disability Rights Commission – DRC**

The Disability Rights Commission (DRC) is an independent body established in April 2000 by Act of Parliament to stop discrimination and promote equality of opportunity for disabled people.

DRC Helpline  
FREEPOST MID02164  
Stratford upon Avon  
CV37 9BR

Telephone: 08457 622 633  
Textphone: 08457 622 644  
(You can speak to an operator at any time between 8am and 8pm, Monday to Friday)

[www.drc-gb.org](http://www.drc-gb.org)

Information is available in a number of languages from the front page of the website.

## **The Foundation for People with Learning Disability (FPLD)**

The FPLD aim to promote the rights, quality of life and opportunities of people with learning disabilities and their families

[www.fpld.org.uk](http://www.fpld.org.uk)

020 7803 1100

**Mencap** – see the details on page 10

## **National Association for Adult Placement Services (NAAPS)**

NAAPS offer support and advice to anyone providing (or thinking of providing) support to people in their own homes. These people may have a learning disability but may also be physically disabled or elderly.

[www.naaps.org.uk](http://www.naaps.org.uk)

There is a lot of information about national and local government and the services they offer available on.

[www.direct.gov.uk](http://www.direct.gov.uk)

The Multikulti website aims to support citizenship through the delivery of culturally appropriate and accurately translated information in the following areas of welfare law — debt, employment, health, housing, immigration and welfare benefits.

[www.multikulti.org.uk](http://www.multikulti.org.uk)

## **Health (including) information on Specific Conditions**

Promoting and maintaining the health of people with a learning disability is very important and there are a large numbers of resources available to help with this.

There are also lots of resources about specific conditions that may be affecting people. This section includes details of the following resources

### **General Health**

BBC Health – page 27

NHS Direct – page 28

Valuing People Support Team –  
(Health) – page 29

National Patient Safety Agency –  
page 29

## **Specific Conditions**

Autism – page 30

Blindness – page 31

Cancer – page 33

Cerebral Palsy – page 34

Deafness (and deaf/blind) – page 35

Down's syndrome – page 37

Epilepsy- page 38

Mental health (and child and adolescent mental health) – page 39

Palliative care and support – page 40

Prada-Willi – page 41

Sickle Cell – page 42

Spina-bifida – page 43

## **General Health**

The following websites contain useful information about health and health services – the websites will often have links to other information.

**BBC health website** – contains lots of basic information and introductions to different conditions – with links to other useful more specific sites.

[www.bbc.co.uk/health](http://www.bbc.co.uk/health)

The information is all in English

**NHS Direct** – Information is available via telephone, the internet and on Digital (Sky) television.

0845 4647

There are translation services available on this number. State which language you would like (in English) at the start of the call.

[www.nhsdirect.gov.uk](http://www.nhsdirect.gov.uk)

There is a link to follow from the front page for information in a number of languages

If you have Sky television press the green 'interactive' button then the '0' button (for more) and then the number '1' button and this will take you lots of useful information and it's available in lots of languages

## **Valuing People Support Team – Health**

The VPST website has lots of helpful information in a separate section about health.

Health Action Plans are particularly important and you can find out about these here.

[www.valuingpeople.gov.uk/health](http://www.valuingpeople.gov.uk/health)

## **National Patient Safety Agency (NPSA)**

The aim of the NPSA is to ensure patients have a safe journey through the NHS. Included in this is some work they have done regarding people with a learning disability in hospital. They also offer information on how to make complaints if you, or a family member have not been treated fairly within the NHS

[www.npsa.nhs.uk](http://www.npsa.nhs.uk)

## **Specific conditions**

### **Autism**

The National Autistic Society offers confidential advice and information to people with autism or Asperger syndrome and their families. They provide an advocacy service to offer support and information about special educational needs.

They have produced information about autism in a number of different languages. There is a link to these from the front page of the website.

The National Autistic Society  
393 City Road  
London  
EC1V 1NG

[www.nas.org.uk](http://www.nas.org.uk)

020 7833 2299 (The Autism Helpline)

0870 600 8585

## **Blindness**

The Royal National Society for the Blind produce information on learning disabilities and blindness including a Focus newsletter.

Royal National Institute of the Blind  
105 Judd Street  
London  
WC1H 9NE

Tel: 020 7388 1266

Fax: 020 7388 2034

Helpline 0845 766 9999 (They use  
Language line.)

[www.rnib.org.uk](http://www.rnib.org.uk)

## Association of Blind Asians

Provides information and advice and help with daily living.

Association of Blind Asians  
Room 16, Zenith House  
210 Church Street  
Leyton  
London  
E10 7JQ

020 8588 6792  
Advice line 2pm – 5pm Mondays

## **Cancer**

### Asian Cancer Information and Support Line

Information produced in a number of different languages these include Bengali, Hindi, Punjabi and Urdu.

Asian Cancer Information and Support Line

17 Britannia Street

London

WC1X 9JN

020 7713 7867

## **Cerebral Palsy**

SCOPE is a national organisation devoted to supporting people with cerebral palsy and their families. Some campaigns e.g. "housing need" are specifically for ethnic minority groups.

SCOPE  
6 Market Road  
London  
N7 9PW

(Helpline) 0800 626216

[www.scope.org.uk](http://www.scope.org.uk)

## **Deafness**

Royal National Institute for the Deaf  
(RNID) have a special care services  
provision for people with learning  
disabilities.

RNID  
19 – 23 Featherstone Street  
London  
EC1 8SL

0808 808 0123

[www.rnid.org.uk](http://www.rnid.org.uk)

The National Deaf Children's Society  
have a "Black, young and deaf"  
project  
National Deaf Children's Society  
15 Dufferin St  
London  
EC1Y 8UR

020 7250 0123

[www.ndcs.org.uk](http://www.ndcs.org.uk)

## **SENSE**

SENSE is an organisation supporting deaf/ blind people

SENSE  
11 – 13 Clifton Terrace  
Finsbury Park  
London  
N4 3SR

020 7272 7774

[www.sense.org.uk](http://www.sense.org.uk)

## **Down's Syndrome**

The Down's Syndrome Association has local area officers to support families. They can be contacted through the main office.

They also produce information on Down's Syndrome in Arabic, Bengali, Chinese, Gujarati, Punjabi, Spanish, Urdu and Welsh.

The Down's Syndrome Association  
Langdon Down Centre  
2a Langdon Park  
Teddington  
TW11 9PS

Tel: 0845 230 0372

Fax: 0845 230 0373

[www.dsa-uk.com](http://www.dsa-uk.com)

## **Epilepsy**

The British Epilepsy Association runs an Epilepsy Helpline, which is free.

The website also has an email support line.

The British Epilepsy Association  
New Anstey House  
Gate Way Drive  
Yeadon  
Leeds  
LS19 7XY

0800 800 5050

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

## **Supporting someone with mental health problems.**

There are a number of organisations that support people and families dealing with mental health problems – these are just some of them

MIND (National Association for Mental Health)  
15 – 19 Broadway  
London  
E15 4BQ

020 8519 2122

Infoline 0845 766 0163

[www.mind.org.uk](http://www.mind.org.uk)

## Child and Adolescent Mental Health (CAMHS)

There will be services within the NHS supporting young people and their families with mental health problems.

A useful website is -  
[www.camhs.org.uk](http://www.camhs.org.uk)

## **Palliative Care**

The National Council  
for Palliative Care  
The Fitzpatrick Building  
188-194 York Way  
London N7 9AS

020 7697 1520

[www.ncpc.org.uk](http://www.ncpc.org.uk)

## **Prader-Willi Syndrome**

The Prader-Willi Syndrome Association is a special association for people and families affected by the syndrome.

Through its members, both affected families and the professionals who help them, it is in touch with many of the cases of PWS in this country.

PWSA (UK)  
125a London Road  
Derby  
DE1 2QQ

01332 365676

[www.pwsa.co.uk](http://www.pwsa.co.uk)

## **Sickle Cell**

Sickle Cell Society  
54 Station Road  
London  
NW10 4UA

020 8961 7795

[www.sicklecellsociety.org](http://www.sicklecellsociety.org)

Stephanie Sulaiman has compiled a list of places with sickle cell and thalassaemia counsellors. She can be contacted at:

Balham Health Centre  
120 Bedford Hill  
Balham  
London  
SW12 9HP

020 8700 0615

## **Spina Bifida**

The Spina Bifida and Hydrocephalus Association (ASBAH) can be contacted at:

ASBAH  
42 Park Rd  
Peterborough  
Cambridgeshire  
PE1 2UQ

01733 555988

[www.asbah.org](http://www.asbah.org)

## **Sources of useful information on BME issues to do with social care**

There are a number of resources available specifically for BME communities that can help with accessing social care

These include

BLINK – page 45

Commission for Racial Equality - CRE  
- (see page 18)

Joint Council for the Welfare of Immigrants - JCWI – page 46

Asian People with Disabilities Alliance  
– page 47

Confederation of Indian Organisations  
– page 48

## **BLINK (Black Information Link)**

This is a very useful website of black information.

BLINK  
Suite 12 Winchester House  
9 Cranmer Road  
London SW9 6EJ

Tel: 020 7582 1990  
Fax: 020 7793 8269

[www.blink.org.uk](http://www.blink.org.uk)

**Commission for Racial Equality**  
**CRE** – see page 18

## **Joint Council for the Welfare of Immigrants**

JCWI is an independent national voluntary organisation, campaigning for justice and combating racism in immigration and asylum law and policy. JCWI provides free advice and casework, training courses, and a range of publications.

Joint Council for the Welfare of Immigrants (JCWI)  
115 Old Street  
London  
EC1V 9RT

020 7251 8708

[www.jcwi.org.uk](http://www.jcwi.org.uk)

## **Asian People with Disabilities Alliance (APDA)**

APDA was founded in 1988, it continues to be managed and run by Asian people with in depth knowledge and personal experience of disability and caring. It is a non-governmental community organisation.

APDA  
Suite 6 Floor 4  
Alperton House  
Bridgewater Road  
Wembley  
HA0 1EH

020 8902 2113

[www.apda.org.uk](http://www.apda.org.uk)

## **Confederation of Indian Organisations**

CIO (UK)'s South Asian Health Project is aimed at providing increased levels of awareness on a wide range of issues that will impact positively on the mental and physical well being of older Asians. CIO does outreach work with Elderly Asian centres and raises awareness on various health issues and care paths particularly in relation to Cancer, Diabetes, CHD, Obesity, Osteoporosis, Diet, Nutrition and Disability

CIO  
5 Westminster Bridge Road  
London  
SE1 7XW

020 7928 9889

[www.cio.org.uk](http://www.cio.org.uk)

## **Financial Help**

This section is broken into two parts –  
The first deals with national issues  
and the second with local issues

### **Sources of help with finance - National**

Benefits Agency – page 50

Citizens Advice Bureau – page 50  
(also see page 51)

Direct Payments – page 51

Family Fund – page 52

Independent Living Fund – page 53

### **Sources of help with finance – Local**

Council Tax – page 55

Disability Equipment Register – page  
56

Housing Corporation – page 57

RADAR – page 59

In order to find exactly what help you are entitled to, you should contact your local welfare benefits advisor.

They can be contacted usually via the council offices or by going to the local Citizens Advice Bureau (CAB) – see page 15

Always request an interpreter when you make an appointment if this would help you.

The Department for Work and Pensions produce leaflets explaining different types of benefit.

They are available at Post Offices as well as from the Benefits Office.

[www.dwp.gov.uk](http://www.dwp.gov.uk)

They are also produced in other languages including Arabic, Bengali, Chinese, Gujarati, Punjabi, Somali, Urdu, and Vietnamese.

[www.dwp.gov.uk/otherlanguages](http://www.dwp.gov.uk/otherlanguages)

Increasingly, if people have been assessed as needing a care package, they can claim their money to pay for support directly – this is called "Direct Payments".

The Department of Health has produced guides to Direct Payments and these are available on 08701 555 455 or [www.dh.gov.uk/publications](http://www.dh.gov.uk/publications)

‘A guide to receiving direct payments from your local council’ 40475

‘Easy guide to direct payments’ 33291  
(This includes a CD and tape to help explain the payments)

## **The Family Fund**

The Family Fund provides timely grants to families with severely disabled or seriously ill children based on families' views and needs.

They may help with laundry, daily costs and even holidays.

Family Fund  
Unit 4, Alpha Court  
Monks Cross Drive  
Huntington  
York  
YO32 9WN

0845 130 4542

[www.familyfund.org.uk](http://www.familyfund.org.uk)

## **Independent Living Fund (ILF)**

The Independent Living Fund may help with the costs of supporting a severely disabled person to live in their own home.

ILF  
PO Box 7525  
Nottingham  
NG8 3RD

0845 601 8815

[www.ilf.org.uk](http://www.ilf.org.uk)

There are often changes to the laws about benefits and also people's right to benefits change as their circumstances change.

Therefore it is very important that you regularly review what you are claiming with a benefits advisor.

The benefit you claim is your legal right – it is not a charitable gift, it is your entitlement.

## **Sources of financial support - Local**

If you are supporting a person with a learning disability in your family (or you are the person) you may be using some of the benefits already mentioned.

If you are on a low income, you could receive housing benefit towards your rent and a council tax reduction.

You should contact the council, via the housing department, to find out about this.

It may be that you need special adaptations for your home. You may get a grant from the council to help with this. A trained person, sometimes an occupational therapist, will visit you from the council and give you advice on the best options.

Most councils give advice on adaptations and you should find details of these on your local council website.

There is a Disability Equipment Register

This is a not-for-profit organisation providing a service for disabled people and their families to enable them to buy and sell items of used disability equipment on a direct One-to-One basis.

Disability Equipment Register  
4 Chatterton Road  
Yate  
Bristol  
BS37 4BJ

01454 318818

[www.disabreg.pwp.blueyonder.co.uk](http://www.disabreg.pwp.blueyonder.co.uk)

## Council of Disabled People

The Council of Disabled People have details about equipment and where it can be seen.

[www.bcodp.org.uk](http://www.bcodp.org.uk)

If a person with a learning disability wants to live independently they could visit the Council Housing Department for advice, they could discuss it with their social worker and they could possibly go to a "Housing Association".

These are organisations set up to provide good accommodation at reasonable prices, they do not make a profit.

The Housing Corporation provides a list of Housing Associations.

Enquiries & Complaints team  
The Housing Corporation  
1 Park Lane  
Leeds  
LS3 1EP

0845 230 7000

[www.housingcorp.gov.uk](http://www.housingcorp.gov.uk)

Some are specifically for Black people and sometimes for people with learning disabilities.

If you want to rent a place to live, it is now illegal to refuse to rent it to you because of your disability (The Disability Discrimination Act).

There is a Disability Rights Commission Helpline to support you if you feel discriminated against because of disability (see page 21).

08457 622633

RADAR produce a booklet called "Finding Appropriate Housing"

RADAR  
12 City Forum  
250 City Road  
London  
EC1V 8AV

020 7250 3222

[www.radar.org.uk](http://www.radar.org.uk)

It may be that you can no longer support a family member at home. There are several options.

Perhaps you need a break for a few hours a week or even longer.

Perhaps you need to visit relatives abroad.

In all these cases, respite care may be a possibility.

Respite care may be provided in your home or in residential provision.

Some schemes, such as Crossroads, offer volunteers who will "sit" and spend time with a disabled person.

Ask at your Citizens' Advice Bureau or at Social Services for details of such schemes.

If you would like a longer break, social workers are increasingly aware that families may need to visit their homeland for longer periods than the average two week holiday.

If you think your request for respite is not fully understood because English is not your first language, ask for an interpreter to explain your case.

Respite care providers can sometimes be recruited from within your community. Alternatively you may be offered a place in a care home. It should be made quite clear to staff of any concerns you have – possibly about dietary requirements or the gender of carers.

Staff are now being trained in cultural awareness and should understand and respect any request that you make.

(You may have to pay for respite care.)

Sometimes people may need to move away from home to live in residential care. The National Care Standards published in 2001 outline the standard of care that people have to receive. These include respecting people's cultural and religious beliefs.

If you need residential care you will be assessed by social services and will have a care manager. They will try to ensure that the package of care put together for you is the best option for you. You can have a big say in this.

If you feel unhappy with any aspect of the care you are offered, you must tell your care manager.

Care homes are inspected to ensure they meet the necessary standards and inspectors will welcome views on peoples' experiences.

It is best to plan for a situation where a person with a learning disability may no longer be able to live with their family so that if there was a sudden crisis people would know what was going to happen. This is far less traumatic for everybody.

## **Leisure**

Many people with learning disabilities could join in more activities and make more friends if they knew about some of the organisations to support them. Many of the websites detailed above have links to local clubs and activities you could get involved in.

Mencap run Gateway clubs for people with learning disabilities.

Check the Mencap website for your nearest club and more information about leisure activities.

[www.mencap.org.uk](http://www.mencap.org.uk)

## **Sport**

People with learning disabilities may enjoy taking part in sports, it will help with their health.

Mencap Sport was launched in 2005 when Mencap took over the work of the English Sports Association for People with Learning Disability.

Type the word 'sport' into the search on the Mencap website (see page 13)

If you live in London there is a very good website with lots of information about sport in the capital

[www.londonsportsforum.org.uk](http://www.londonsportsforum.org.uk)

Special Olympics take place for people with a learning disability – look at

[www.specialolympicsgb.org/index.html](http://www.specialolympicsgb.org/index.html)

The Sport England website also has some useful contacts

[www.activeplaces.com](http://www.activeplaces.com)

## **Advocacy**

Advocacy groups try to ensure people with a learning disability know about and get their rights. There are a number of advocacy organisations across the country.

People First is a group set up to promote the rights of people with learning disabilities in society. It is run for and by people with learning disabilities.

[www.peoplefirst.org.uk](http://www.peoplefirst.org.uk)

Choice and Voice are based in Bristol, they say 'We couldn't find any websites for people with learning disabilities so we thought we would set up our own.'

On this site you will be able to leave messages, meet some pen friends, listen to some music, and leave your views and opinions.

[www.choiceandvoice.com](http://www.choiceandvoice.com)

CHANGE are another advocacy organisation, they are based in Leeds but are a national organisation

[www.changepeople.co.uk](http://www.changepeople.co.uk)

There can be lots happening for people with learning disabilities. It is worth asking locally if there are any activities for you. Your local branch of Mencap will have this information (see page 13).

## Holidays and Travel

If you want to go on holiday or travel abroad there are some agencies to help you.

There are some organisations who may be able to provide some financial support towards the costs of holidays. These include:

Handicapped Aid Trust  
15 Church Street  
Lytham  
FY8 5LH

01253 796441

The Family Fund (see page 52)  
Unit 4 Alpha Court  
Monks Cross Drive  
Huntington  
York  
YO32 9WN.

0845 130 4542

[www.familyfundtrust.org.uk](http://www.familyfundtrust.org.uk)

## **Holiday Care**

Holiday Care attempts to give everyone the opportunity to get away at least once a year with family and friends.

They do not provide funding for holidays but may be able to direct you to a number of organisations who do. Holiday Care's mission is to help disabled and older people lead independent lives by enhancing their ability to travel.

[www.holidaycare.org.uk](http://www.holidaycare.org.uk)

0845 124 9971

Tourism for All  
The Hawkins Suite  
Enham Place  
Enham Alamein  
Andover SP11 6JS

Again search for holidays on the Mencap website for lots of links and resources (see page 13)

## **Travel**

Train travel can be made easier by having a disabled persons railcard. Looking at the national rail enquires website will give you information about the physical accessibility of stations.

[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

You may be able to claim the mobility part of the Disability Living Allowance for your transport costs. If you are claiming the higher rate of Disability Living Allowance you can apply for Motability – this will help you to lease or buy a car so you can travel more easily - the website has information in lots of languages.

[www.motability.co.uk](http://www.motability.co.uk)

Your local social services department will have details of the "blue badge" scheme which allows disabled people to park with no charges and in some restricted areas.

Disabled people can often also get free passes for their local transport.

Taxis cannot refuse to take you because you are disabled. Many firms now have specially adapted cars. Due to the Disability Discrimination Act, disabled people should be able to travel by public transport in safety and comfort.

## **Moving On**

When a young person leaves school there may be many choices for them. Families need to find out about these. One of the best places to find information is - [www.movingonup.info](http://www.movingonup.info) (see page 11)

Another useful website is run by the Transition Information Network, who also produce a magazine called 'My Future Choices'

020 7843 6006

[www.transitioninfonet.org.uk](http://www.transitioninfonet.org.uk)

Children from 14 onwards will be given an assessment by social workers on their future needs and you will be involved in planning future action. If a young person has not received ones of these then ask social services to complete one, they are important for the future.

Young people can also receive help on future plans from their careers officer or Connexions advisor.

For information on these services contact your local education office or the national number.

Connexions

080 800 13 2 19

[www.connexions.gov.uk](http://www.connexions.gov.uk)

All services should be working together to complete one plan for the future.

Some people with learning disabilities study a variety of courses at colleges.

Some colleges are especially designed to support students gain skills to live as independently as possible.

Certain colleges are residential and can support people with a range of disabilities. All college staff should be trained in providing services that are culturally aware.

The Learning and Skills Council is responsible for all post 16 education and training.

The Learning and Skills Council  
Cheylesmore House  
Quinton Road  
Coventry  
CV1 2WT

0870 900 6800  
[www.lsc.gov.uk](http://www.lsc.gov.uk)

NATSPEC (The Association of National Specialist Colleges) promotes education and training in residential or day settings, for students with disabilities.

NATSPEC  
Kevin O'Brien  
Chief Executive  
39 Sanders Rd  
Quorn  
Loughborough  
Leicestershire  
LE12 8JN

01509 554357  
[www.natspec.org.uk](http://www.natspec.org.uk)

SKILL (The National Bureau for Students with Disabilities) promotes opportunities for young people and adults with any kind of disability in post-16 education, training and employment.

Skill  
Chapter House  
18-20 Crucifix Lane  
London  
SE1 3JW

0800 328 5050  
[www.skill.org.uk](http://www.skill.org.uk)

Some organisations support people with learning disability into work.  
Some of the national providers are

The Rathbone Society  
[www.rathbone.co.uk](http://www.rathbone.co.uk)  
(on-line contact available via the website)

The Shaw Trust  
[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)  
01225 716350

Remploy  
[www.remploy.co.uk](http://www.remploy.co.uk)  
0800 138 7656

## Further Help

There are many organisations that can offer various support and ideas to people with disabilities so that they can lead full and interesting lives. These are just some of them.

Many organisations have websites that give links to other sources of help. Libraries today can usually help you to access the internet.

AbilityNet is an organisation to assist adults and children to use computers and computer equipment.

0800 269545

[www.abilitynet.co.uk](http://www.abilitynet.co.uk)

Youreable.com is a website with a wide range of information for disabled people.

[www.youreable.com](http://www.youreable.com)

If you live in London the organisation GLAD (Greater London Action on Disability) can provide information and advice.

GLAD  
336 Brixton Road  
London  
SW9 7AA

020 7346 5800  
[www.glad.org.uk](http://www.glad.org.uk)

An organisation called Ricability assesses equipment for disabled people and produces unbiased reports.

Ricability  
30 Angel Gate  
City Road  
London EC1V 2PT

020 7427 2460  
[www.ricability.org.uk](http://www.ricability.org.uk)

We hope that this information has  
been helpful to you.

Good luck for the future