



# Merton Mencap

Support for people with a learning disability  
and their family carers in the Merton area





## What is Merton Mencap?

We are a charity supporting people with a learning disability and their family carers in Merton.

We offer services for adults, young people and children with a learning disability.

## For adults

We can support you to do more of the things you want to do in life, to take part in your community and to make your own choices.



We can help you to



- meet other people and make new friends
- learn skills to help you live and work
- learn about things that are important to you, like staying safe and keeping healthy



- take part in things you enjoy, like music, art and sport
- go out on trips.





## For young people and children

If you are aged 14 to 25, our activities will help you to

- go out and about and make new friends in the evenings, at weekends and during the school or college holidays
- get involved in sport and exercise
- go out on trips.



We also have play schemes during the school holidays for children aged up to 13.

## For family carers

We provide support that is helpful for family carers.



For example, we can give you the chance to have a break from caring or help you to sort out problems.

## Contact us



If you want to find out more about our services, we are happy to talk to you.



Write to us  
**Merton Mencap**  
**The Wilson Hospital**  
**Cranmer Road**  
**Mitcham**  
**CR4 4TP**



Call  
**020 8646 0965**



Email  
**[info.merton@swlondonmencap.nhs.uk](mailto:info.merton@swlondonmencap.nhs.uk)**



Visit our website  
**[www.mertonmencap.org.uk](http://www.mertonmencap.org.uk)**