

**Merton's Forum  
for family carers  
of adults with a  
learning disability  
and/or autism**

# **Adults First**

**Are you a family carer of  
an adult with a learning  
disability and/or  
autism?**

**Do you want to meet other family carers  
like you and have a voice on local issues?**

**To find out more, [contact us](#)**

 **[af.admin@mertonmencap.org.uk](mailto:af.admin@mertonmencap.org.uk)**

 **020 3963 0597 / 020 3963 0598**



**Free  
to join!**

## Our aims are...

-  To improve the lives of carers of adults with a learning disability and the person they care for
-  To make sure the voice of carers is heard in the design and delivery of services which affect them
-  To provide information for carers which support them in their caring role

## What do we do?

-  Organise monthly workshops and events
-  Support carers to represent us at all important local forums, committees and boards
-  Campaign on issues that affect the lives of carers and the person they care for
-  Provide a monthly outing for carers
-  Publish regular newsletters

## Why become a member?

-  **Adults First** is a forum specifically for carers of adults with a learning disability and/or autism who live in Merton
-  Members receive regular updates about the work of the forum, including details of forthcoming events and any changes to local services, and will also receive our adults first newsletter
-  **Adults First** represent carers from a range of backgrounds and who care for adults who have different types of learning disabilities

## Join Adults First

## Membership is Free!



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