

Would you like to be a Trustee with our charity?

*Turning Dreams into Action At The Pace of The Individual*



*"I am more confident now and I know I have something to look forward to each Thursday. I am not at home every night by myself. I have learned new skills and now I want to do more volunteering and maybe paid work too. Equal People are helping me with that."*

*"Equal People mencap is a really friendly place. Everyone mucks in together to help."*

We are an independent charity, formed in 1987, that works across West and Central London in support of vulnerable adults and children, including people with learning disabilities, autism, mental health issues and physical disabilities, their family and carers. We are based in Ladbrooke Grove W10.

Our aim is to help everyone to:

- be heard
- have more control over their lives
- achieve personal aims and dreams
- be safe from harassment and abuse
- increase their independence and participate and contribute to community life
- have the information and opportunities that support physical, mental and emotional well-being.

Our **Trustees** make sure we:

- are doing what our members want and are safe
- follow what it says in our governance document and
- abide by Charity Commission and government rules and regulations
- monitor, review and plan all our services and finances properly

Our **Council Of Management (COM) meetings** – Trustees and 4 Service User members – meet 4 times a year in the evening. Our AGM and one COM meeting (4pm) is open to everyone: members, carers, volunteers and staff.

Our **Finance Committee** – Chaired by our Treasurer meets 4 times a year in the evening.

We are particularly looking for people with experience of or an interest in **social care, finance, HR, media or health services.**

**For more information, to arrange a visit or to apply (with CV and covering letter) please contact Nic Walsh (Chief Executive) – 0208 964 0544 email [nwalsh@equalpeoplemencap.org.uk](mailto:nwalsh@equalpeoplemencap.org.uk)**

## Our Services

1. The **Floating Support Service** is registered with the Care Quality commission (CQC). The team currently provide 1,100 hours of 1:1 support each week to vulnerable adults and children in the Royal Borough of Kensington and Chelsea and Westminster.

Service users and/or their carers choose and buy support from us using personal budgets – allocated amounts of funding given to them to help meet their needs by statutory social or health care.

2. The **Next Step Activity Service** offers a weekly programme of supported activities and training programmes at our Resource Centre and sport and community centres across the boroughs. Activities are chosen by members and include catering, gardening, yoga, cricket, football, boccia, IT, Zumba, photography, relaxation and massage, baking and swimming. Activities are funded through statutory and Trust grants with member contributions for so a few groups. Currently 100 members take part in our activities.



3. The **Drop-In**. Our Resource Centre is open Mon-Fri 10am-4pm. Members and carers can ask for advice and support, socialise with friends have a free healthy breakfast, tea/coffee and soft drinks, socialise with friends or simply have a quiet and safe space. Funded by statutory and Trust grants and a £2.50 daily charge.
4. The **Network Hope Project** offers support to vulnerable people and their carers in North Kensington, including those affected by the Grenfell fire. It includes community activities, support, sport, social connection, gig and health and wellbeing groups. This is a three-year project funded by the National Lottery.
5. The **Harrington Club** is our weekly evening social club offering up to 40 vulnerable individuals, particularly older people, a regular social club to meet and chat with their friends and enjoy various activities including: music, dancing, crafts or cooking. Funded by Statutory and Trust grants.