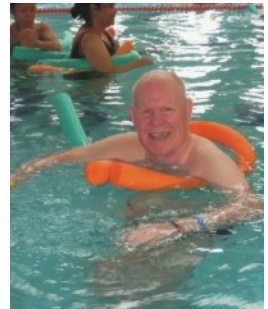




Providing leisure and learning opportunities, advice and information and employment opportunities to people with learning disabilities and people with autism

COPs (Community Opportunities Project)

The COPs project provides social and leisure opportunities for adults with learning disabilities and/or autism. We offer a wide range of activities, so there is something for you!



We offer two programmes, Springboard and Fit2gether:

Springboard offers social, cultural, educational, health and wellbeing activities including meals out, bingo, pub visits, day trips, arts and craft sessions, theatre and museum trips and cultural evenings.

Fit2gether offers the chance to try sports and physical activities at your own pace, whilst having fun and making friends. Activities change over the course of the year, but regularly include swimming, Zumba, yoga, rugby, martial arts, football and walking groups.

Working For You

Working For You is a FREE service offering information, advice and guidance for adults with learning disabilities and adults with high functioning autism in Barnet.

We can help you with problems you may be having, such as with:

- Benefit issues and managing your money
- Housing - Problems with where you live
- Health - Helping you to stay healthy
- Dealing with other people - Supporting you to have your say
- Supporting you with appointments and meetings
- Helping you understand official letters
- Keeping safe
- Finding other services to support you
- Any other issues you may be struggling with!





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Awareness-Raising and Training



Raising awareness about learning disabilities and autism in the community is one of Barnet Mencap's key aims and objectives.

We raise awareness by offering free training to those who come into regular contact with people with learning disabilities and/or autism, and those who provide services that they use. Doing this increases the likelihood that our clients will live as part of a more inclusive society.



Anyone with a learning disability or autism can get involved to help the council and other organisations make the right decisions

Give your opinion on a wide range of plans and proposals; fill out questionnaires on subjects that may affect you; attend working groups on subjects that interest you; and make a real difference to the lives of people with a learning disability/autism through our Have Your Say engagement group

Bright Futures

Providing leisure and learning opportunities, advice and information and employment opportunities to people with learning disabilities and people with autism

The Employment Project

Providing people with learning disabilities and/or autism a chance to get a job. Support includes:

- Building pre-employment skills and personal development
- Support to increase confidence and motivation
- 1:1 support to upskill or group workshops
- 1:1 in-work support via job coaching
- Employment and training based on career goals



You must be aged 18+, be known to the Barnet Learning Disability Team, have a social worker and live in supported living to be eligible for this service.

The Employment project is part of Barnet Mencap's Bright Futures contract but is run by Royal Mencap.



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