



Annual Report 2025

Reaching new heights



November 2025
Lewisham, London



A fantastic year!

2025 has been an important year in the history of Lewisham Mencap and we are proud to share some of the things that we accomplished this year.

Our organisation continues to thrive thanks to our volunteers' work and dedication, and we look forward to a bright future as part of a united organisation alongside our neighbours at Bromley Mencap from 2026!

Approximately 30 volunteers and up to 300 members have come together this year to build community and change their lives for the better.

The Big Picture

Our work this year has focused on further improving awareness and access to local health and wellbeing services.

We have also continued to bridge the gap in evening and weekend activities by running 7 Saturday disco nights and 6 trips to the coast attended by hundreds of people.



Our aims are to ensure that our members:

- have a wide circle of friends and support
- access good healthcare and advocacy
- have a strong sense of belonging, engagement and place in Lewisham
- enjoy safe spaces led and developed by adults with a learning disability

Volunteers

We are committed to offering our volunteers a comprehensive package of support and training opportunities from Safeguarding to First Aid.

Partnerships

We have developed excellent cross-sector and multi-agency partnerships with other statutory and VCS organisations that support our goals.

Monday Club

Monday Club is led by Ella and Colin

DJ: Colin

Tech Team: Chris and Steven

Volunteers: Nadine, Maryann, Stephen, Liz, Susan, Charlie, Yvette, Nick, Trevanie, Rose, Graham, Oktay, Jamie, Mary, Moni



It has been a very good year for Monday Club.

We started with a Valentine's Disco in February and then a Spring Time Disco in March. We went to Southend in August and to Bognor Regis in October, everyone had a great time.

We tried new things this year, such as going to the top floor of Horizon 22 and enjoy the views of London. In the Summer, we also went to the Horniman Museum with a group of 22 people. In June this year, we hosted the Windrush Commemoration with funding raised from the council and had a tasty Caribbean meal from Jerk Haven.

The monthly Movie Night events are very popular! Karaoke, raffle and dancing are bringing a lot of people together and new members are joining us every month. Thank you to everyone supporting the Monday Club this year!

Thank you to all the volunteers for your help this year! Without you, these clubs wouldn't be what they are. Huge thanks to Clara as well for the hard work during the entire year and helping us offer many activities and events at our clubs.

Isabella

Leegrove Tuesday Club

Tuesday Club is led by John, Nick and Terry
DJ: Colin
Volunteers: Stephen, Liz, Charlie, Chris, Ella,
Nick R, Graham, Michael, Nick P, Steven,
Maryann



I really like organising the club alongside Colin, Ella, Terry and everyone else.

I have a lot of fun at the Christmas parties, because everyone is having a good time and because we all feel a little chaotic and happy. I started volunteering at Tuesday club about 20 years ago and I have known most people for a very long time. I am pleased to see more people coming to the clubs all the time.

John



I have 50 years of great memories. When we first started, we used to play darts and football and things have changed a bit, but we have a brilliant disco that keeps going.

I remember when John, Bob's dad was our treasurer, we used to go up to Blackpool and had people joining us. We also used to plan everything during our coffee mornings. I miss all the people who are no longer with us.

Terry

Thursday Club

Thursday Club is led by Colin and Maryann.

DJ: Nicola

Volunteers: Chris, Liz, Susan, Nick R, Steven, Chris C, Cynthia, Ella, Julia, Ray



I'd like to thank you all for giving me the opportunity to serve you more by giving me a role as Thursday's leader.

During the year we arrange many trips to the sea side or museums in London.

We also do karaoke and Saturday disco and have a lot of fun.

We are always looking forward to doing more for our members.



Maryann

I like to play music for everyone and help out doing other things, like the tombola, and enjoy seeing people happy when they win a prize.

I love my day out trips, when we all get together and have a great laugh. We all get on well, help each other out and care for each other. I work with John at Tuesday Club and we work very well together, he is a good friend of mine, and I am grateful for everything he and the all the other volunteers do.

Colin



Significant moments

Here are some of our achievements this year.
Photo from the top of the world at Horizon 22,
April 2025.



Exploring the outdoors

From evening walks with Care Dogs, to visiting the Horniman Museum, our members have spent more time enjoying the outdoors than in previous years.



Improved oral health

Nearly 100 members received an electric toothbrush as part of our campaign to improve oral health amongst adults with a learning disability. We continue to raise awareness through NHS workshops and informal conversations.



Increased physical activity

We have been prioritising activities that get our members moving, preventing a wide range of health issues. This year, members have taken part in football games, walks in nature, basketball, dance classes and a new accessible yoga programme!



Arts and culture for mental health

From in-house drama workshops with Teatro Vivo to evenings at the Opera, our members have had the opportunity to experience the rich cultural life London has to offer.

Remembering those we lost



Derek

Derek was a member for decades. He will be sorely missed.



Rita

Rita has been attending the clubs for many years. She will always stay in our memory.



We will always remember Audrey, Gene, and all of our beloved members who were with us for so long.

From our Treasurer



All going well, Lewisham and Bromley Mencap will be merging in 2026. This will be a fantastic opportunity for both organisations to share what they are great at in order to improve the lives of people with learning disabilities. Bromley Mencap runs a host of excellent employment, education and day services; here at Lewisham Mencap, we run some of the most popular evening and weekend activities in the UK. Bringing our skills together is a win!

Nick

356 people

Joined us for Tuesday Club's 50th birthday party in March 2025!

▲ 50,500hrs

This is the total hours of social activities, clubs and outings delivered by the charity over the year.

▲ 40,000miles

This is the distance travelled during our days out in 2025.

Our future



Uniting with Bromley Mencap

The future is bright! We look forward to joining forces with Bromley Mencap in 2026, and expanding on our capacity to support our community.



Our social clubs

We will continue to run our clubs and events as they are now, in 2026 and beyond. But watch out, our parties might get even bigger, even better!



Collaboration

We aim to nurture our current partnerships and collaborate with at least 5 new organisations each year.



Sustainability

We will be working with partners to diversify our income through fundraising and alternative income streams.



Volunteers continue to support everything we do and you are welcome to join us!

Our volunteers



"Karaoke is the best! Because people do enjoy it at the club and they always ask me if they can do it. It makes them happy to sing. And I enjoy the drama group on Wednesday. I hope it carries on because I love it! It's good to go out on a Wednesday, meet new people and see my friends." Nicola



"I like volunteering and would like to see even more volunteers at Tuesday Club. I like talking to people at the club, being nice to them, not being rude to others and really like Colin's music." Nick R



"I do The Movie Night once a month, the disco once a year as a DJ and help with the projector and karaoke outside in the Summer. I like to do things for people to get people to enjoy themselves and have fun. I also like to talk to other people about what we do at Lewisham Mencap, we always want more people to join us!" Steven

Our volunteers



"Liz and I set up the tuck shop on Monday, we sell Coke, sweets, crisps and other things to the members. Me and John and Liz and Charlie we help on Tuesday in the kitchen and count all the money. I like helping out and I have been doing this since 2021, when we can back after the lockdowns. I have also joined the Committee and have been enjoying my role as a trustee, I am very proud of it." Stephen



"I have been helping and coming to the clubs for many years. It's been fun folding the raffle tickets and making the sandwiches for the discos. I have a lot of friends here and my boyfriend, and that's why I came back after my break." Susan

"I like being with the Events Crew. We do different things, like going to the seaside, doing different activities and we'd like to do more. My favourite part is doing the tuck shop at Tuesday club. I also like meeting new carers in the street, they always recognise me and say hello to me." Liz



"I like it when new people are coming and we do new stuff with them. We do the raffle, Movie Night, days out and more people come on trips. I really enjoy the volunteering and engaging with the members. The more we engage, the more people are coming to the clubs. We work as a team and I really enjoy that." Chris



Thank you

Our work is a Team effort and we are grateful to those who help us.

Thanks to Lewisham Council, whose Main Grant pays for our work and has been a vital source of funding for our organisation. With that funding, comes moral and practical support. Thank you to our Grant Managers, Lucy Formolli and Adeyinka Joseph, to Jacob Walsh and Denise Radley in Adult Social Care, Kenneth Gregory at the NHS and our Councilors Paul Bell, James J Walsh, Chris Best and Sakina Sheikh who have all visited our services and encouraged our volunteers.

Additionally, we'd like to thank our partners, Teatro Vivo, Care Dogs, Turning Point, Lewisham AWLD Occupational Therapists, Lewisham Speaking Up, Imago, Community Connections Lewisham, ORB Gateway Club, SeeAbility, Lewisham Parent Carer, Brighter Horizons, NHS LD teams, members' families and carers and so many others, for your advocacy, support and collaboration over the years.

Finally, to Clara Popa who is a light of brilliance as our Digital and Community Lead. Much loved, highly capable and extremely modest, she has been with us for 5 wonderful years and made an enormous difference to our team and organisation. Thank you Clara!



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