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**Help Harpenden Mencap go ‘above and beyond’ this Christmas!**

Christmas can be a worrying time for people with learning disabilities. Feelings of loneliness and emotional distress are common during the festive season due to social isolation, disruption to routines, and sensory overload.

Because everyone is different, Harpenden Mencap does everything possible to support each person’s needs and wishes. Staff choose to go ‘above and beyond’ the basic statutory provision of care, all year round and especially at Christmas. However, there is a £2.23 funding gap per person per hour of care provided. This means the charity must raise £150,000 each year to keep essential services running!

From support with Christmas card writing, to help with travel plans to visit loved ones, people supported by Harpenden Mencap are looking forward to taking part in festive activities in the weeks ahead. Community member Lucy told us “I’m so excited, I love Christmas. The best bit has been seeing the lights switch on.”

A donation today could help create moments that matter for vulnerable adults this Christmas. Help us make the festive season brighter!

Donate: <https://harpendenmencap.beaconforms.com/form/a1788624>

Visit our website: <https://harpendenmencap.com/christmas/>

XXX ENDS XXX

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