



The Vitality British 10k event took place in London yesterday (Sunday 10th July 2016) and there were six volunteers running to raise much needed funds for Enfield Mencap. The six were made up of staff, supporters and Sarah, one of our Members who has a learning disability.

Sarah came to me at the start of 2016 and told me that she was worried about Enfield Council and the cuts they were having to make; she was worried that her centre would be closing and she was very upset about it. I told her that Enfield Council have been asked to make some big decisions regarding money and that there would be some challenges on the way but that Enfield Mencap would do everything it can to continue to exist for people with a learning disability and autism; it has been holding on for 50 years and hopes to continue for many, many more!

Wanting to know what she could do to help, Sarah asked if she could take part in an event for us... She decided on the Vitality British 10k... Not being a runner and there only being 5/6 months to train we agreed to support Sarah to achieve her personal challenge.

Training sessions were scheduled in for Sarah and a small group of her friends to learn more about running, health and fitness, and to actually train with our team for the big day. Sarah's commitment to the event was amazing - there was no barrier too big it seemed for her to overcome, including hurting her ankle on the Tuesday before the event! There were ups and downs, fun and fear, but Sarah never gave up.

It was such a proud moment for us all, particularly Sarah's mum, when Sarah and Dean crossed the line after approximately 1:44:39 - what an achievement!

Watching the Members achieve their goals is what makes our work so rewarding. Here at Enfield Mencap the Members are encouraged to aspire to achieve and we aspire to support them to achieve.

Dream it. Believe it. Achieve it!

Big thanks goes to Amanda and Ede, who trained with Sarah each week, and Dean, our Service Manager here at Enfield Mencap, for supporting Sarah from start to finish on the day, and also to the team of supporters who were there to carry bags, cheer and capture the memories on camera from the sidelines.

If you would like to support Sarah and the team please make a donation at uk.virginmoneygiving.com/charities/enfieldmencap