

Community Support – Case Study of Martin Telfer

Martin Telfer lives in a residential home in Potters Bar and has been using Watford Mencap's Community Support Service for more than 5 years. He has a learning disability and uses a wheelchair.



Every Monday, Watford Mencap staff member Alan Whittle visits Martin for 3 hours. They have formed a close friendship.

Martin said: 'We enjoy ourselves very much. I look forward to seeing Alan and going out.' One of his favourite things is to go to the pub, but he also likes to go out for lunch and to shop.

Community Support allows Martin independence to do the activities he enjoys, whilst also providing the relevant support for him. For the rest of the week, when Martin is not with Alan, he attends a day centre and stays at home reading and watching TV.

Alan explained: "We always have a laugh on Monday; Martin is always smiling. We try to visit different places, but at the end of the day, it's up to Martin what we do and when we go."