



FRIDAY 13 FEBRUARY 2026

Supporting



Registered Charity number 512441

Share your stories

@LordMayorLeeds

lordmayoroffice@leeds.gov.uk

www.leeds.gov.uk/lordmayor

Lord Mayor's Charity Appeal

Councillor Dan Cohen

The Lord Mayor of Leeds

Every year, the Lord Mayor chooses a Leeds-based charity close to their heart to champion during their year in office. This year's Lord Mayor, Councillor Dan Cohen, has selected **Leeds Mencap**.



We are proud to support the work of Leeds Mencap



Leeds Mencap is a local, independent charity supporting children and young people with learning disabilities, autism and other complex needs to feel valued, supported and equipped to thrive.

Its origins began in 1953 when a small group of parents wanted to support each other with the challenges they faced. A range of activities and services were offered including youth clubs and residential care for adults at The Rookery. In 1992, the charity moved to Londesboro Terrace in East End Park with the help of Challenge Anneka!

The Vinery Centre was built in 2016 and has been the charity's home ever since. From here, they provide compassionate, tailored support to children, young people, and their families through youth clubs, holiday playschemes, sibling support and a Family Support Service. They also offer social opportunities for young adults with care needs, meaning their services are open to those aged 0 – 25. Alongside these is their Outstanding Ofsted rated Jimbo's Community Nursery and Hawthorn specialist playroom for early years children with additional needs.

Leeds Mencap is proud to have served the local and learning disability communities for over 70 years. Donations can help the charity to continue empowering those it supports in Leeds, helping them develop their strengths, build lasting connections, and experience new opportunities within a safe, inclusive, and welcoming space.

To find out more about Leeds Mencap, please visit our website or social media pages:

Website: www.leedsmencap.org.uk

Facebook: [LeedsMencap](https://www.facebook.com/LeedsMencap) | X [@leedsmencap](https://twitter.com/leedsmencap) | Insta: [@leeds.mencap](https://www.instagram.com/leeds.mencap) | LinkedIn: [leeds-mencap](https://www.linkedin.com/company/leeds-mencap)



LORD MAYOR'S CHALLENGE

**UNLEASH
YOUR INNER
SUPERHERO**

Unleash your inner superpowers for Just One Day!

Many people with autism refer to the unique traits of the condition as superpowers. So, as we come together for Just One Day, why not display your hidden superpowers and become a sponsored superhero for the day!



BE DIFFERENT FOR JUST ONE DAY

Come together to celebrate our differences by being different for Just One Day.

Why not have a sponsored office or school day where everyone pays to wear an item of clothing they usually wouldn't wear? It can be anything you want, from socks to a full outfit. Celebrate our differences while being different yourself.



SOME WAYS TO COME TOGETHER

This fundraising pack includes some fun and exciting ways you can raise money for the Lord Mayor's charity appeal.

LET'S CREATE

Come together for a make or bake challenge. You could hold a bake off with your friends, paint, make pottery, draw or anything else that suits you.



MAKE A QUIZ

You're the quiz master. Put together 20 questions and invite your friends and family to take part over video call by making a donation to play.



FITNESS CHALLENGE

Pick an exercise to do every day for a month - anything from jumping jacks to press ups - and see if your family and friends will kindly sponsor you.



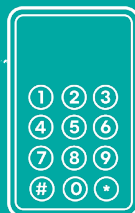
SCAVENGER HUNT

Host your own scavenger hunt inviting friends and family to hunt down a list of items. Ask for a donation to take part.



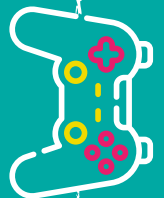
A DEVICE FREE DAY

Could you go off-grid for the day? Have your community sponsor you to go a day without devices. If you can't Google something, how will you find out information? Navigate your way through the day, using your imaginations.



GAMING MARATHON

Love gaming? Take on a sponsored gaming marathon to raise vital funds. You could even get together a team and try a tag team marathon.



NATURE WALK

Come together outside for a walk. Wear your wellies and perhaps where something old, and challenge yourself to get as mucky as possible!



MOVIE NIGHT

For all the film fanatics out there, find a movie all your friends can access then go to town making your own home cinema. PJs and snacks encouraged! Send the [Just Giving](#) link round after the films.





SCHOOLS



CELEBRATE HIDDEN SUPERPOWERS!

Not all disabilities can be seen — and that makes raising awareness even more important (and fun!). Many children and young people live with hidden disabilities like autism, ADHD, dyslexia, or hearing loss. These often come with amazing strengths, creative talents, and unique ways of seeing the world.

This year's Just One Day Schools Challenge is all about coming together to raise awareness of those hidden superpowers. Through play, creativity, and teamwork, your school can help show that every child deserves to feel included, celebrated, and part of the fun, no matter what their needs are.

Taking part in Just One Day is a chance for schools to shine a light on inclusion — showing that everyone deserves to feel safe, welcome and valued, no matter what their needs are.

Take part in the schools challenge

This year, we'd love schools to take on a Hidden Disabilities Challenge, inspired by the on-going Raising Awareness of Hidden Disabilities Campaign. You can take part by doing one of the fundraising challenges and/or using the resources in the toolkit. The toolkit includes a free lesson plan, assembly pack, posters and an activity sheet to share your pupils' creative ideas for making your school or community more inclusive. Sign up here: surveys.leeds.gov.uk/s/iah3vc to register your interest and receive your free toolkit.

You might focus on:

- making play and learning spaces welcoming for everyone,
- finding fun ways to support sensory needs,
- encouraging kindness and tackling stigma,
- raising awareness of hidden disabilities through our learning resources,
- raising awareness through art, posters or performances.

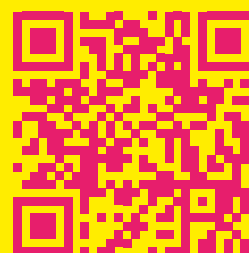
Entries can be shared on the **Child Friendly Leeds digital wall of fame** by tagging: [@childfriendlyleeds](https://twitter.com/childfriendlyleeds) on social media or email: childfriendlyleeds@leeds.gov.uk



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WANT A VISIT FROM THE LORD MAYOR?

If you would like to register your interest in participating in 'Just One Day', the Lord Mayor will be arranging some surprise visits to schools across the city with some games for the school. Scan the QR code or visit: surveys.leeds.gov.uk/s/iah3vc





Set up your own Just Giving Page

The money you raise will help the Lord Mayor's charity:

1.

Log into your account and click "Start fundraising". Click "A Charity", to the question "What are you raising money for?"

2.

Search for "LMCA" denoted with this logo. Enter your event type or select "Doing my own thing".



3.

Choose your Fundraising page URL. This is the link you'll be sharing with friends and family when asking them to donate.

4.

Click 'Create your page' and job done! Your Fundraising Page is now set up and ready to accept donations.

How to donate?

Donations can be sent via Just Giving using the QR code or link below.



www.justgiving.com/lmca

Or send a cheque payable to The Lord Mayor's Charity Appeal to:
The Lord Mayor's Office,
1st Floor West, Civic Hall, Leeds LS1 1UR

Share your stories

Don't forget to share your fundraising stories and activities on social media - tag the below on X and we'll share as many as possible!

Lord Mayor on X

[@LordMayorLeeds](https://twitter.com/LordMayorLeeds)

Thank you