



## Six posts you could use during **#LDWeek2016**

This Learning Disability Week we are celebrating friendships. The old, the best, and the only-just-met.

Tell us about your friends – what makes them so great? Post your pictures and stories below and help us celebrate friendships.

Did you know almost 1 in 3 young adults with a learning disability spend less than an hour a day outside their home?

Everyone should be able to do the things they enjoy. Become a volunteer Sidekick to someone with a learning disability, and help them go out to do the things they love.

People with a learning disability find it hard to make friendships and build relationships. Social isolation is a huge problem, and we are working hard to change this.

Volunteer and become a Sidekick to someone with a learning disability, helping them get out and do the things they enjoy.

With good friends you can't lose! Tell us below why your friend is the best and celebrate Learning Disability Week 2016 with us!

What makes your best friend the best? We are celebrating friendships this Learning Disability Week and we want to hear your stories!

Post your pictures and stories below and tell us why you think your friend is so great.

People with a learning disability find it hard to make friendships and build relationships. Social isolation is a huge problem, and we are working hard to change this.

Make a new friend this Learning Disability Week.

\*Mencap Sidekicks relates to the Mencap volunteer scheme, visit [www.mencap.org.uk/sidekicks](http://www.mencap.org.uk/sidekicks) to find out more. If you are a network partner replace with your own volunteering opportunities.