



A guide to **Learning Disability Week 2016**

Learning Disability Week 2016 is nearly here, so what have you got planned? If the answer is nothing yet, then this guide is for you. Whether you are a local group, work to support people with a learning disability or you just love a good party, here are some ideas to get your juices flowing...

Make a new friend this LDW

This year we are celebrating 'Friendships and Relationships' in LDW; and we are encouraging everyone not just to celebrate the friendships they already have, but to go out into the community and make some new ones!

The week has a serious message too. We know that people with a learning disability find it hard to make friendships and build relationships in 2016 Britain. Social isolation is a huge problem, and many people with a learning disability are stuck at home and unable to access their community. Research by Mencap shows almost 1 in 3 young adults (18-35yrs) with a learning disability spend less than an hour a day outside their home. 1 in 3 are worried about being a victim of bullying, with over a quarter worried about being laughed at when they leave their home.

We are also celebrating a special birthday this year, as Mencap's Gateway Clubs celebrate their golden jubilee year. Look out for some special materials on our website and some fun new videos and blogs to celebrate. More generally the week is about raising awareness of learning disability with the general

public. To do this we are encouraging all organisations, groups and individuals to get active within their local community.

What are groups and services doing?

Big Barnsley Gold Gig - Local Mencap Barnsley are inviting local clubs in the area to get together for music sessions, a BBQ and a live band.

Carrickfergus Junior Gateway club are hosting a Pool Tournament for clubs in the region to attend.

'The Big Lunch' - Mencap services in Lancashire are bringing together the local fire and police services along with other local community groups.

The Gateway Olympics are being run by Sudbury Gateway Club and Braintree Mencap.

Shrewsbury Mencap are running an information stall at a local school's community day.

Wirral Mencap are hosting a series of drop sessions throughout the week to raise awareness and promote friendship.

The new Mencap centre in Belfast are hosting an open day for families.

What could I do?

During learning disability week England, Northern Ireland and Wales are all playing matches in the EURO 2016 football finals. Why not throw a football themed party and invite another club or a local service to attend? Make a supporters flag to cheer on your team. Arrange to meet friends at a pub to watch the game.

Celebrate the Gateway Golden Jubilee using the party pack that has been sent out to gateway clubs to help get the party started. If you would like to download the party props to cut out and use visit the LDW page at

www.mencap.org.uk/ldw

How can I promote what I am doing?

#LDWeek16 will be used on social media during the week. Use this to highlight your pictures and posts on social media.

Send your photos during the week to **YourNetwork@mencap.org.uk** to be included in the Learning Disability Week photo gallery that will be displayed on

www.mencap.org.uk/ldw

Share your pics!

As this year's theme is friendships and relationships we would love to see pictures of you celebrating long lasting friendships; people making new friends or highlighting a relationship. Send photos of you using the gateway jubilee photo props with a mate or having a cup of tea and a chat with a pal. If you share over social media using the hashtag **#LDWeek16** we'll be able to see and share them too!

Why not share the gateway jubilee video. The video will be released in LDW to show how much fun people attending gateway clubs have had over the past 50 years! Show a friend, or share on Facebook.

How to raise awareness

Below are loads of helpful learning disability week resources to download on Mencap's LDW page

www.mencap.org.uk/ldw

An easy to use guide on raising awareness of learning disability to a range of audiences.

Press release

A press release template to advertise what you are doing during learning disability week in your local press.

What do I say on Social Media?

Some examples of Facebook and Twitter posts that you could use to help spark conversation on social media during **#LDWeek16**.

To share what you are up to before or during the week or to ask more questions about LDW 2016 get in contact:

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