

For daily updates on services available in your area
during COVID-19

**DAILY
UPDATE**

LEARNING DISABILITY WEEK | 15TH TO 21ST JUNE 2020



Learning Disability Week Friendship pack



For Learning Disability Week this year, we want to celebrate the incredible friendships and connections that make up our **#MencapFamily** - and show how important they have been during lockdown.

We know many people with a learning disability will be unable to see their friends in person at the moment. So we've put together a pack to help you have a fun video call with your friends!

Inside we've included a template to help you make your very own Friendship Flag. The idea is simple:

- Make a flag before your video call that shows all the things you like or miss about your friend.
- You could include their name, a picture of them, their favourite things, and memories you've shared together.
- Show each other your flags on the call!
- Have a chat about all the things you included on your flag.
- Put your flag up in your home to remind you of your friends and the good times you've had together.
- Take a picture of your flag and put it on social media with the hashtag **#LDWeek2020** to show the world your amazing friendship!

Say "friend" in Makaton

Take a look at the fantastic Lucinda and Nikki teaching Makaton for "friend" to celebrate Learning Disability Week 2020.

Why not watch and see if you can do it too?



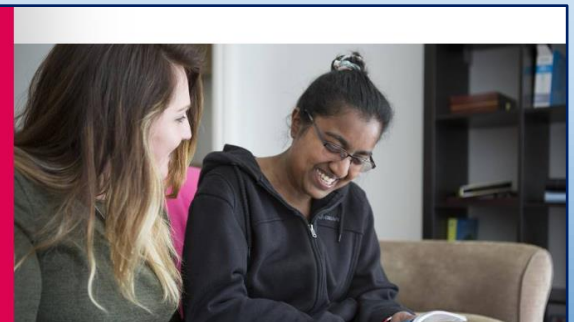
Sign up for befriending

We know that people with a learning disability already experience high levels of loneliness and social isolation and that this will only have been made worse by the lockdown.

Befriending can help.

So please get in touch with us to:

- find out more about befriending
- see what befriending options are available in your area
- receive information on setting up a befriending service.



The theme of Learning Disability Week 2020 is the importance of friendships during lockdown
Find out how you can get involved [HERE](#)