

# 2021 Scottish Learning Disability Week

## Scottish Learning Disability Week 2021



Scottish Learning Disability Week 2021 will happen from

Monday 10th May - Sunday 16th May



The theme for Scottish Learning Disability Week 2021 is

### **Relationships**



By **Relationships** we mean the people in your life

These people might be

Friends



Family



Neighbours



People you work with



**Relationships** can also be romantic





These might be with

A girlfriend or boyfriend

Sometimes called a partner



Sometimes there are things that stop people with a learning disability from having relationships

Things that stop people from having relationships can be



Not being able to get out on your own



Not having a social life



People who want to protect you

For example



Family



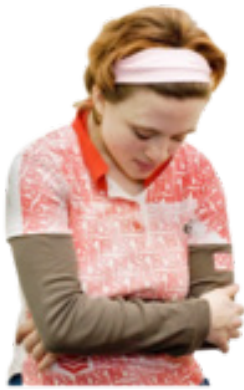
Carers



Supporters



Worrying about what other people think



Low confidence



Not being taught how to meet people  
and make relationships



Not having the chance to have  
relationships can make people lonely

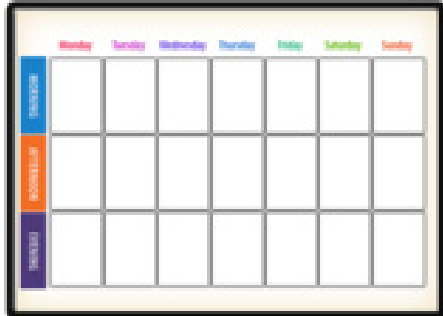


During Scottish Learning Disability Week we want to tell people about things that stop people with a learning disability from having relationships



During Scottish Learning Disability Week we want to celebrate how important it is to have other people in our lives

# Timetable



We have made a timetable for Scottish Learning Disability Week 2021

The timetable tells you what we will talk about on each day during the week



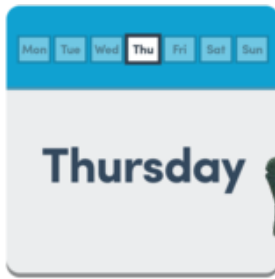
On Monday we will talk about friends



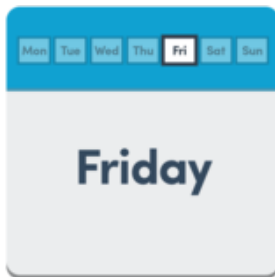
On Tuesday we will talk about sex



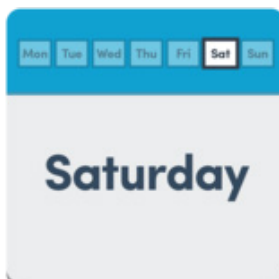
On Wednesday we will talk about challenges in relationships



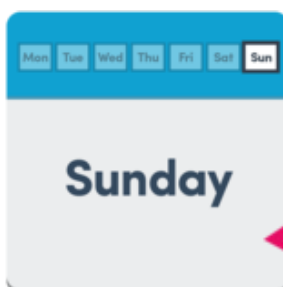
On Thursday we will talk about family



On Friday we will talk about romance



On Saturday we will talk about having a social life



On Sunday we will talk about taking care of yourself



# How can I get involved?



We are asking people to make a promise to talk to someone else about relationships



You can talk about any kind of relationship such as

A friendship



Family relationships



A girlfriend or boyfriend



Only talk to someone you trust about relationships



To make your promise you can use the Promise Postcard in this pack

You can decorate the heart on the back of your Promise Postcard

Send your Promise Postcard back to us at this address



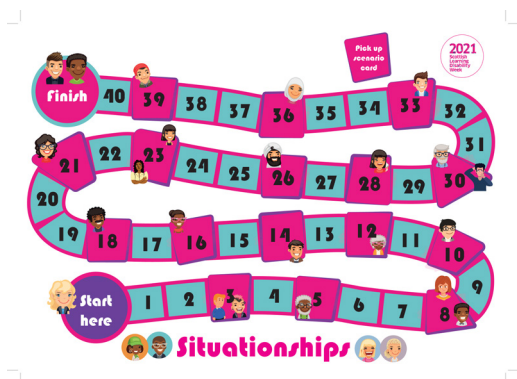
Scottish Commission for People with Learning Disabilities  
Suite 5.2 Stock Exchange Court  
77 Nelson Mandela Place  
Glasgow  
G2 1QY



We will make a wall display of all the Promise Postcards we get



You can also take a picture of your Promise Postcard and share it on social media

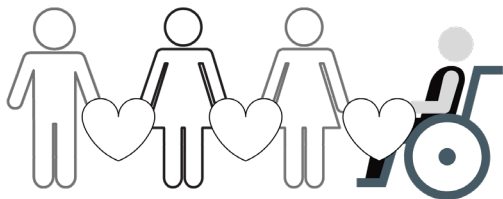


Play our 'Situationships' game to find out more about relationships

Decorate the Paper Love Chain



Hang up your Paper Love Chain in



Your house

Community centre

# What can I do now?



Put the dates in your diary



Monday 10th May - Sunday 16th May

Talk to people who might be able to help you to do something to celebrate



Help us by telling as many people as possible about Scottish Learning Disability Week 2021



Share information on social media like Facebook and Twitter



Use the hashtag #LDWeekScot2021

Visit the Scottish Commission for People with Learning Disabilities website



[www.sclld.org.uk](http://www.sclld.org.uk)



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