



2021

**Scottish
Learning
Disability
Week**

Monday 10th - Sunday 16th May

Relationships

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What is Scottish Learning Disability Week and why does it matter?

Scottish Learning Disability Week is a chance to focus attention on the lives of people with learning/intellectual disabilities in Scotland. It is a chance to raise awareness of issues and inequalities, achievements and talents. The week matters because there are over 125,000 people in Scotland who have learning/intellectual disabilities, and raising awareness provides a real chance to change attitudes, making Scotland a better, fairer and more equal place for everyone.

What is this year's theme?

This year's Scottish Learning Disability Week is all about relationships and the importance of having other people in our lives, whether that be as neighbours, colleagues, friends, family or a romantic partner - relationships matter! Yet we know that people with learning disabilities often have fewer opportunities to socialise than others, and therefore fewer opportunities to meet people and form relationships.

Forming romantic relationships in particular can be challenging; inequality of access to education around sex and consent can be an additional barrier to dating and having children. Social isolation can also be an issue for people with learning disabilities, who are more likely to say that they are lonely compared to the general population. There are many people with learning disabilities enjoying a variety of relationships and benefitting from all the good things that other people bring to our lives, however this still isn't the case for everyone.

This Scottish Learning Disability Week we want to highlight the issues people with learning disabilities can face around relationships, and focus on the importance of relationships in all our lives.

Schedule for the Week...

Monday - Friendship

Friends are important to all of us; they are with us in the good times and the tough times in our lives. We will use this day to celebrate friendship and what friendship means to people with learning disabilities.

For some people with learning disabilities it can be hard to meet new people without being supported to do so, and this can mean that the opportunities to make friends are sometimes more limited. We want to highlight this issue and ask what we can do to make things better.



Tuesday - Sex

Sex is an important part of any intimate relationship with a partner, however when it comes to the lives of people with learning disabilities sex can often feel like 'the last taboo'. We want to use Tuesday as a chance to highlight the importance of sex education and talking about sex, relationships and consent with adults with learning disabilities.

Wednesday - Challenges

As the saying goes 'no relationship is all sunshine' - we all experience problems within our personal relationships from time to time. However, when you have a learning disability navigating relationships and knowing who to turn to for advice can sometimes be more difficult.

On Wednesday we will hear the real-life stories of people with learning disabilities who've experienced problems with relationships in their life; we'll find out how they dealt with their problems and made their own decisions about what they wanted.

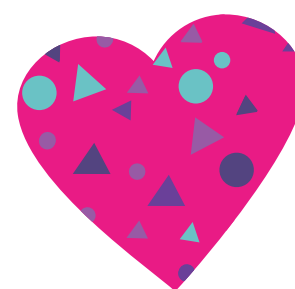


Thursday - Family

Family forms the foundation of many people's lives - these are often the people closest to us who shape how we see the world. People with a learning disability might have a different relationship to their families than others; for example, for some people their family are their main carers. Others might be more likely to live with their family into adulthood because they feel safer in a home environment, but this can also be because of a lack of options to help them to make a transition into independent adulthood. Some people with a learning disability may not have family, or live far away from their family, and so they can't see them very often. Others might have or want a family of their own. On Thursday we will be asking what does family mean to people with a learning disability?

Friday - Romance

We know from our national 'How's Life?' Survey of people with a learning disability in Scotland, that there is a big gap between their experiences and those of the general population when it comes to having a romantic partner. Of those who responded to our survey, just five per cent reported that they lived with a partner and just three percent said that they were married. On Friday we want to ask why is this? What barriers do people with a learning disability face when it comes to romantic relationships? What needs to change to make things better? We will also be hearing from people with a learning disability who have a partner, about what their romantic relationships mean to them.



Saturday - Socialising

Socialising is an important way to get out there and to meet people! Campaigns such as 'Stay up Late' Scotland highlight the right to a social life for people with a learning disability. So what better way to celebrate both Scottish Learning Disability Week and the weekend than with a get-together?! Stay up Late Scotland have organised a gig which will take place on Saturday 15th May from 7pm till late. Details of the event will be shared through SCLD's social media channels during Scottish Learning Disability Week.

Sunday - Self care

In order to have safe and healthy relationships with other people, we must first love ourselves. So we've dedicated the last day of Scottish Learning Disability Week to 'self-care' and we will use the day to explore the things each of us can do to look after our mental, physical and emotional health.



How can I get involved?



We encourage people to celebrate the Week in whatever way suits them best. You can follow **#LDWeekScot2021** on social media and spread the word; you can also use the materials in this pack to make a display in a public place, or hold a workshop or information session online or in-person, to discuss the topic of relationships.

Using the contents of your Get Involved Pack...

We want to make sure that everyone has the information they need to make the most of their Get Involved Pack. We hope that the instructions below will help!

Make us a promise...

This Scottish Learning Disability Week we are asking people across Scotland to make a promise to have an open conversation about relationships.

This could be with someone with a learning disability who you support, or if you have a learning disability you could promise to tell your family, friends and supporters about the relationships you have already, or the relationships you want in your life.

The conversation can be about any aspect of relationships and it will depend on your own relationship with the person as to what you feel comfortable talking about. Here are some things you could chat about:

- Different kinds of relationships, e.g. family, friends, romantic partners, colleagues, neighbours
- Relationships that you have in your life
- Relationships that you would like to have in your life
- Good things that different relationships can bring
- Problems that relationships can bring

You can also use the 'Relationships Statement of Rights' in this pack to help you talk about relationships.

Send us your 'Promise Postcard'...

Remember to fill in your Promise Postcard (in this pack) and take a photo of yourself with the postcard to share on social media, then post it to us. Tag SCLD using the social media details (on page 6) and we'll share your promise through our social channels during Scottish Learning Disability Week 2021.

Don't go breaking your promise!

If you are a learning disability organisation, please include your organisation's name on the postcard. This is so that we can check back and ask whether you kept your promise to talk to a person you support about relationships.

Make a love (paper) chain...

Get creative and decorate your love paper chain using bright colours and textured materials, such as feathers and fabric. Then you can hang them up around your home or workplace during Scottish Learning Disability Week!

If you would like additional love paper chains you can download the template from our website: [sclld.org.uk](https://www.sclld.org.uk)

Make sure you take a photo of your finished love paper chain and share it on social media.

What's your 'Situationship'?

All relationships can be tricky to navigate - play our 'Situationship' game to explore different scenarios and aspects of relationships. Navigate your way around the board until you land on a 'scenario square'; then work in your team to decide on the best way to deal with the situation.

Celebrate your relationships

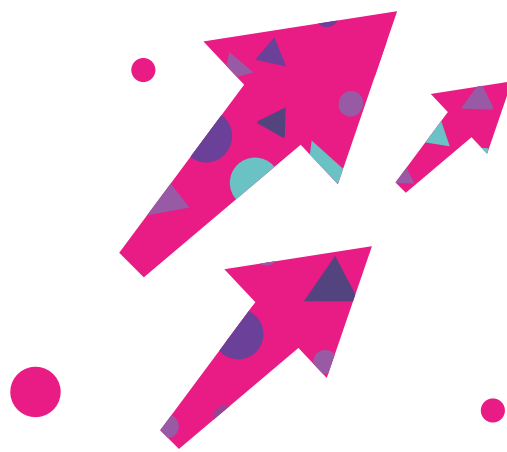
Celebrate the important people in your life by hosting a get-together, either online or in person, if Scottish Government guidance permits*.

You could organise a video call with your friends or family and spend some time together, or you could go for a walk in your local area with your friends, relatives or your partner. Scottish Learning Disability Week 2021 is a chance to celebrate the relationships in all of our lives.

Make sure to take some screenshots and photos (with everybody's permission) so you can share on social media and tag SCLD. We will then share your photos through our social channels throughout Scottish Learning Disability Week.

Use your stickers and posters

Put up the Scottish Learning Disability Week posters in places where people and communities come together*. Why not take them to the local coffee shop, ask to put them up on the community notice board at your local supermarket, library or community centre? You can download and print more copies of our A4 poster on the SCLD website if you need them.



*Please follow Scottish Government guidelines with regard to the Coronavirus restrictions during May 2021.

Meet Uno, our Scottish Learning Disability Week mascot!

Uno is the Scottish Learning Disability Week mascot. He was designed by Stephen Dickson, who won our mascot design competition back in 2018.

You can use Uno's image on your website and social media posts about Scottish Learning Disability Week 2021. Visit the SCLD website to download the latest Uno graphics.

Remember to hashtag your Uno posts with **#UnotheUnicorn** so that the SCLD team can give you a like, share or retweet!

You can watch Uno's story on the SCLD website:

<https://www.sclld.org.uk/meet-uno-our-learning-disability-week-mascot/>



Where can I find more information?

If you are stuck for ideas, please visit our website and social media channels for inspiration and all the latest news.

You can also email admin@sclld.co.uk or call us on **0141 248 3733** if you have any questions.

Our website: sclld.org.uk

Twitter: [@SCLDNews](https://twitter.com/SCLDNews)

Facebook: facebook.com/ScotCommission

Instagram: instagram.com/sclldnews

Vimeo: vimeo.com/sclldnews

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