

# A Guide to What's On

**2021** Scottish  
Learning  
Disability  
Week

Monday 10th - Sunday 16th May

# Friendship

- We will use this day to celebrate friendship and what it means to people with learning disabilities.

**11:00am - 12:30pm:** get2gether 'Love Languages' workshop - **only 30 spaces available!**

**2.30pm - 3.30pm:** *Relationships Matter*, A Seminar - a discussion on the first of our 'How's Life?' survey [reports](#). There will also be a presentation from members of The Life I Want on their [Relationships Charter](#).

**4pm:** Four o'clock film, 'Drag Syndrome' on [Sproutflix](#).

MONDAY

Sex

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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.

TUESDAY

**9am - 12 noon:** Sex and Relationships focus across social media.

**2pm - 3.30pm:** get2gether 'Let's Talk About Sex' workshop - **only 30 spaces available!**

**4pm - 5.30pm:** 'What's Love Got To Do With It?' Sexuality and Love for people with learning disabilities - a workshop with Dave Hingsburger - **book now to avoid disappointment!**

**4pm:** Four o'clock film, 'Lifestyles of the Poor and Unknown' on [Sproutflix](#).

# Challenges

## WEDNESDAY

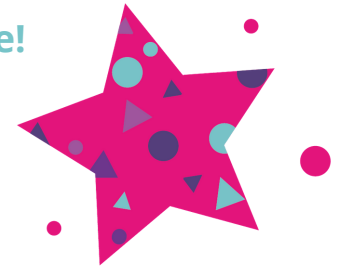
We all experience problems within our personal relationships from time to time. On Wednesday we will focus on the challenges and issues that we might encounter in our relationships.

**10am - 1pm:** Improving Support for Women with Learning Disabilities who have experienced Gender Based Violence workshop - **60 spaces available.**

**2pm - 3.30pm:** get2gether 'Live Your Life' workshop - **only 30 spaces available!**

**4pm:** Four o'clock film, 'Best Interest' on [Sproutflix](#).

**7pm:** Cutting Edge Theatre presents '*Downs with Love* - A Night at the Theatre' followed by a Q&A with the actors.



## Family

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## THURSDAY

**Family forms the foundation of many people's lives - these are often the people closest to us who shape how we see the world. On Thursday we will be asking what does family mean to people with learning disabilities?**

**10.30am:** PAMIS River Project - a sensory story workshop for all the family based around PAMIS's Rivers and Shores resource.

**2pm - 3.30pm:** **#KeepThePromise** for Parents with Learning Disabilities workshop - **60 spaces available.**

**4pm:** Four o'clock film, 'Music and Clowns' on [Sproutflix](#).

**5-7pm:** get2gether 'Send the Love' Zoom in with DJ Stephan.

## Romance

What barriers do people with learning disabilities face when it comes to romantic relationships? What needs to change to make things better? On Friday we will be focusing on romance and we will hear from people with learning disabilities about what their romantic relationships mean to them.

FRIDAY

**9am - 12noon:**\*LGBT+ space.

**4pm:** Four o'clock film, 'The Kiss' on [Sproutflix](#).

**5.30 - 7.00pm:** get2gether's 'Big Date Night'.

**7pm onwards:** datesnmates 'It Takes Two to Disco'.



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#LDWEEKSCOT  
2021

\*Lesbian Gay Bisexual Transgender plus

## Social life

Socialising is an important way to get out there and to meet people! So what better way to celebrate both Scottish Learning Disability Week and the weekend than with a party!?

**10am - 4pm:** Stay up Late 'takeover' SCLD's social media channels.

**7 - 8.30pm:** get2gether's 'Couples Night' with Ambassador Katrina.

**7pm - late:** Stay Up Late Scotland social.

SATURDAY

## Self-care

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.

Keep your eyes on our social media channels for self-care tips, activities and videos!

We'll also be sharing some highlights from the week.

**Find out more about our Scottish Learning Disability Week events, including how to book [here](#).**

SUNDAY

Keep up to date with all the latest by following us on social media:



[@SCLDNews](#)



[@ScotCommission](#)



[@sclldnews](#)

Visit the SCLD website at: [sclld.org.uk](http://sclld.org.uk)