

2019 Learning Disability Week

Monday 13th - Sunday 19th May
Community - Active, Connected, Included

What is Learning Disability Week and why does it matter?

Learning Disability Week is a chance to focus attention on the lives of people with learning 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 disabilities, and raising awareness provides a real chance to change attitudes, making Scotland a better, fairer and more equal place for everyone.

How can I get involved?

We encourage people to celebrate the week in whatever way suits them best. You could follow the hashtag **#LDWeek2019** on social media and spread the word, or use the materials in this pack to make a display in a public place.

This year's Learning Disability Week is all about community and the importance of being included and involved in our local communities. People with learning disabilities contribute to our communities in lots of ways, so this year we want to celebrate this through Learning Disability Week and the Learning Disability Awards. We are encouraging people to hold their own **'Communi-Tea Party'** (find out more on page 2) and we want to know what being part of a community means to people with learning disabilities (see page 4).

Where can I find more information?

If you are stuck for ideas, keep an eye on our website for the latest updates, including a 'What's On' Guide for Learning Disability Week! Our website will also have lots of information about the national Learning Disability Awards, which will be held during the week. You can email **admin@sclld.org.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

#LDWEEK
2019

Using the contents of your 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!

Hosting a 'Communi-Tea Party'

Get a group of people together from your community, for example, from your:

- Work place
- School, college or university
- Street or neighbourhood
- Community centre or hub
- Local sports team or theatre group
- Place of worship

Then:

Use the materials in the Get Involved Pack to host a **'Communi-Tea Party'**. There are lots of things you can do to get everyone involved, such as:

- Hang the bunting and put up the posters around your venue
- Use the recipe card to bake your own cakes
- Top your cakes with our 'Uno the Unicorn' edible cake toppers
- Have a go at playing the games on the Games Card (you can find more games ideas on the SCLD website)
- Plant your Grow Wild seeds and watch the flowers grow.

Remember to tell us how your 'Communi-Tea Party' went by sending photos to admin@scld.co.uk or by posting your photos, videos and live stories on social media using the hashtags [#LDCommunittea](#) and [#LDWeek2019](#).

Posters and flyers

Put up the 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, or any other public place you visit where lots of people can see them? You can download and print more copies of our A4 poster on the SCLD website if you need them. Also, don't forget to send us photos of your poster display - we'd love to share it!



Meet Uno the Unicorn, our new mascot!

We would like to introduce you to Uno the Unicorn - who will be the Scottish Commission for Learning Disability's new mascot for Learning Disability Week 2019 and beyond!

As part of last year's Learning Disability Week, SCLD ran a design competition for people with learning disabilities, in order to find a winning drawing which would become our mascot.

Uno was designed by budding artist Stephen Dickson, who has been working with the SCLD team to bring his original design to life as 'Uno the Unicorn'.

You can find out about Uno's story on the SCLD website:

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



Help us to introduce Uno by sharing his picture and his story across social media using the hashtag **#MeetUno**.

Tell us about being part of your community...

What's great about being part of your community as a person with learning disabilities? We want you to tell us:

- **What you do in your community and what you like about it**

For example you might be part of a community choir, or be involved in volunteering or a local sports club.

- **The best thing about being part of your community**

This might be the people in your community, or the place you live itself.

- **Opportunities for other people with learning disabilities to get involved in your local community**

Are there opportunities for other people with learning disabilities to get involved in your community? Could you help spread the word?

You can let us know by writing or drawing what you think in the box below and taking a photo of this form, or by posting it back to us. You can also contact us by email or phone, or share a photo, video or post on social media using the details on **page 1**. We look forward to hearing from you!

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