



Mencap have launched a new online video channel that is made by people with a learning disability.

The new channel is called 'Mencap TV' and is on YouTube.



You can visit Mencap TV by clicking [here](#)

Mencap TV is full of fun and helpful videos for the 1.5 million people at home with a learning disability.



Lots of these people might have lost access to support and services because of the coronavirus pandemic.

Mencap TV brings fun activities to people at home with a learning disability who might be feeling lonely and struggling to cope with new routines.



New videos are shown every day. Some of the activities include simple cooking videos, fitness workouts, arts and crafts ideas and quizzes.



All the videos posted on Mencap TV have someone with a learning disability or people who support them.



These challenging times are hard for everyone but they can be especially tough for people with a learning disability.



Mencap TV has something for everyone, and will help with supporting people to keep busy in these tough times.



Mencap have lots of Easy Read and advice about coronavirus on their website [here](#).



You can watch Mencap TV on YouTube from your computer or Smart TV.

You can find it by clicking [here](#)