

**LEARNING  
DISABILITY  
WEEK  
2024**

**INFORMATION  
PACK**

Do you  
**see**  
me?

# DO YOU SEE ME?

This year the theme for Learning Disability Week 2024 is **Do you see me?**

It is about challenging the barriers people with a learning disability face. We want to celebrate the things people with a learning disability bring to society.

Each day we will talk about different topics.

## GET INVOLVED

- Put on an event that represents you - people with a learning disability.
- Take part in some activities.
- Share and celebrate the amazing things that people with a learning disability are doing in your community.
- Spread awareness of Learning Disability Week 2024 – On Mencap social media channels we will be publishing lots of content, please share!

# THEME DAYS FOR LEARNING DISABILITY WEEK 2024:

Monday 17th

**Do you see me?**

Tuesday 18th

**Do you understand me?**

Wednesday 19th

**Will you work with me?**

Thursday 20th

**Do you hear me?**

Friday 21st

**Do you include me?**

Saturday 22nd

**Will you support me?**

Sunday 23rd

**Do you see me?**

Do you  
**see**  
me?

# ACTIVITY IDEAS

Here are just some ideas that you can do individually or in a group - Whatever you decide to do make sure you share and celebrate!

- **MAKE SOME BUNTING** - There are 2 bunting templates in this pack. 1 with a design on and a blank one if you want to create your own - Draw or write what you feel represents you and what you would like people to know.
- **MAKE A FLAG** - There is a template in this pack - Draw or write what you feel represents you and what you would like people to know.
- **WRITE A POEM** - It could be about a personal experience, your goals, or even an emotion you want to express.
- **LOCAL ACTIVISM** - If you are concerned about certain issues why not write an online blog or a letter to your local MP? You can find out who your local MP is [online](#).
- **VIDEO CONTENT** - Perhaps you could do a 'day in my life' film? Film yourself taking part in a hobby? Or maybe film yourself at work?

# EVENT IDEAS

Put on an event that represents you - show people who you are and what is important to you.

Invite people from your local community to attend and raise awareness of learning disability (neighbours, local MP, a councillor, a healthcare professional etc).

Whatever you decide to do make sure you share and celebrate!

- **Artist** - art workshop? Maybe a local teacher could support?
- **Baker** - a bake sale? Or a bake off? You could even use the 'Do you see me?' stamp for edible cake toppers!
- **Crafter** - get the needles out and have a day creating something? How many blankets can people make in a day?
- **DJ** - host a dance day/night?
- **Egg head** - put on a quiz online or in person?
- **Film buff** - have a movie night and create your own cinema (maybe an outdoor one!) You could have a theme and ask people to dress up?
- **Green fingers** - if you have an allotment or garden project invite fellow gardeners for a cup of tea, share tips and swap produce?
- **Gym goer** - take on a challenge at a local gym or put on a mini sports day?
- **Joker** - comedy gig you say?
- **Musician or singer** - invite your musical friends to show off at an open mic night?
- **Photographer** - pop up gallery or online exhibition, with an auction?
- **Social butterfly** - host a brunch, coffee morning or a garden party?

# FUNDRAISING

If you are holding an event why not make it a fundraising opportunity as well, to help raise funds for Mencap?

You could ask people to pay a donation to enter and/or for items you make. You could also hold a raffle - ask local businesses to make donations for prizes.

You can pay in the money online.

You could also set up an online fundraising page so if people cannot attend, they can still donate.

# SOCIAL MEDIA

Take photos and videos (get people's consent) and share your activities and events on social media.

Don't forget to tag Mencap or use the #LearningDisabilityWeek.

# LOCAL MEDIA

You could also share details of your event (before and after) with local newspapers, magazines and radio stations.

# DOWNLADABLE ASSETS

**We have created a range of assets to use - Download them from the [Learning Disability Week 2024 website page](#).**

**EVENT POSTER** - to print and write in details, to promote and advertise your Learning Disability Week event.

**SOCIAL MEDIA** - templates for profile pictures, posts, stories and banners.

**TEAMS BACKGROUND** - promote learning disability week during your online meetings.

**EMAIL FOOTER** - to use at the bottom of your emails.

**EMAIL BANNER** - to use if you are sending emails out about Learning Disability Week.

**DO YOU SEE ME STAMP** - to download and upload where you need.

# FLAG TEMPLATE



Add glue  
or double  
sided tape  
to this  
section

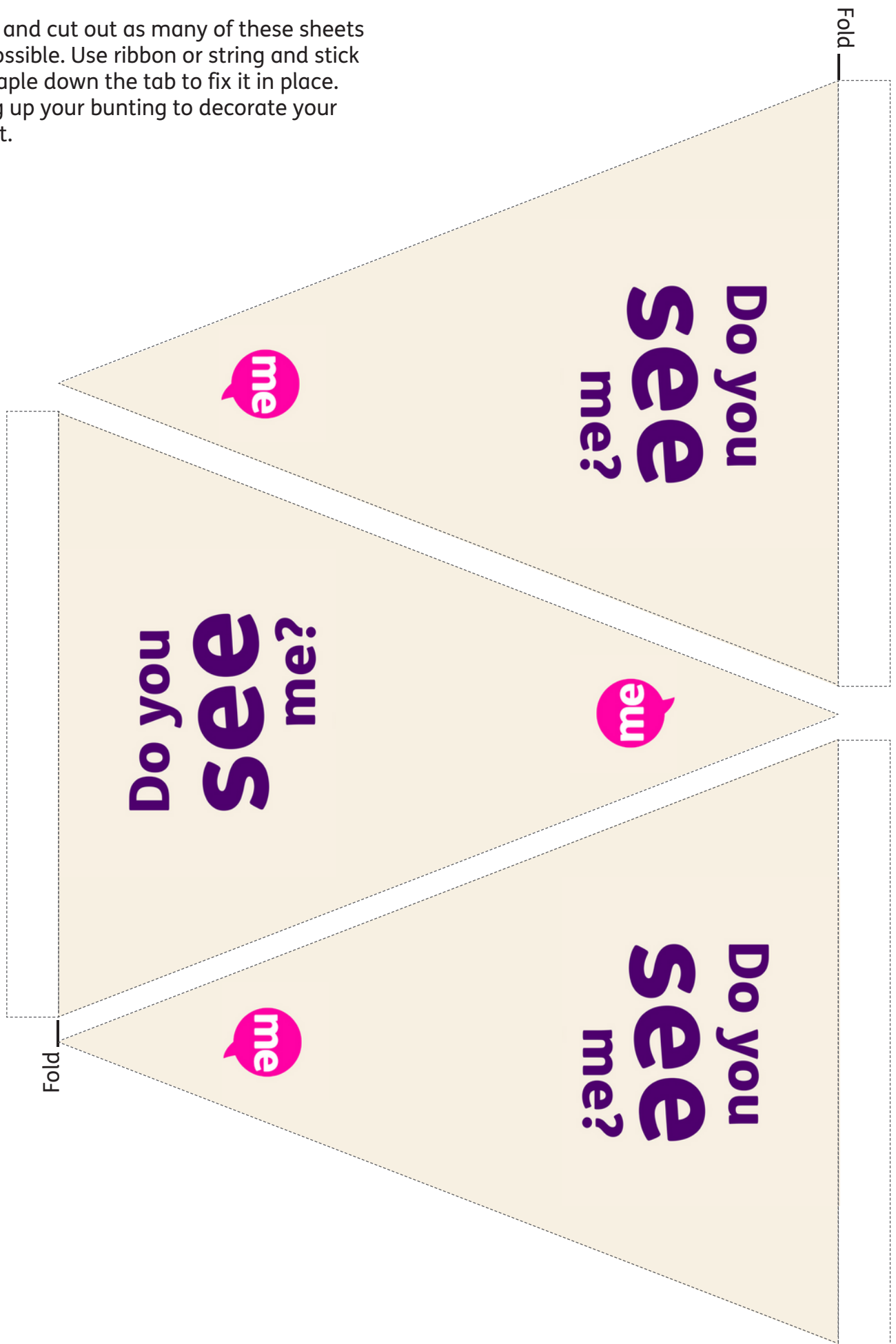
Place stick here

Fold over



# BUNTING

Print and cut out as many of these sheets as possible. Use ribbon or string and stick or staple down the tab to fix it in place. Hang up your bunting to decorate your event.



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Print and cut out as many of these sheets as possible. You can draw or write what you feel represents you and what you would like people to know about yourself. Use ribbon or string and stick or staple down the tab to fix it in place. Hang up your bunting to decorate your event.

