

Relationships



The importance of relationships to us all cannot be understated and this is no different for our loved ones who have a learning disability, autism or both.

Training, information and support for families and support staff is essential if people are to be equipped to engage more fully in building and maintaining relationships.

This cannot be done without considering individual risk, protection from harm and capacity to make decisions. For many this is a complex and emotive path to navigate. In this briefing, we have given some information and resources which may help people, their families and support staff.



Luv2meetU is a friendship and dating agency for people who have a learning disability aged 18 and over. It offers support to widen a person's circle of friends, share interests, develop friendships and relationships.

<https://bit.ly/2TKgqx8>



Supported Loving Campaign was set up by Choice Support to highlight the importance of good support in helping people with a learning disability to find love. They note that research shows, like everyone else, people with a learning disability want a loving relationship with a partner. Yet in the UK just 3% of people with a learning disability live as a couple compared to 70% of the general population. Find out more about this and the associated Supported Loving podcasts, blog and network meetings here: <https://bit.ly/2i0pbm5>



Skills for Care have recognised that care and support staff need to have the right values, skills and knowledge to support the people they work with to have positive personal relationships. They have developed a training

resource for employers to use with staff to consider this aspect of their work. For more information go to: <https://bit.ly/2Gn2x4U>



Skills for People

Sense and Sexuality course run throughout the year for people with a learning disability, autism or both. On the course you learn about:

- Making friends
- Relationships and going on dates
- Feeling good about our bodies
- Keeping safe from harm and abuse
- Safer sex and contraception

For more information go to <https://bit.ly/2SOyyJ4>



Friends Action North East's sole purpose is to support people with a learning disability to make and keep friends. They have a range of information about what is on and resources and opportunities for people to connect. For more information go to <https://bit.ly/2tlxCgL>



Transgender an Easy Read Guide has just been produced by Care management Group, CHANGE and Choice Support. The guide is about what it means to be transgender and the issues that may be experienced. To download this guide go to <https://bit.ly/2DGGT7T>



Social Care Institute for Excellence has produced a film that highlights the need for trained workers in sexuality and learning disabilities along with the need to adequately balance risk and responsibility toward the individual concerned so that they can live an inclusive and empowered life. <https://bit.ly/2InTceS>



Leeds Autism AIM has a range of resources and groups for families and individuals to consider matters relating to gender and sexuality. For more information go to <https://bit.ly/2BzH7gW>



Beyond words - empowering people through pictures offers a 'relationships' mini set which includes books on:

- Making Friends
- Falling in love
- Loving each other safely
- Hug me, Touch me

<https://bit.ly/2N4FT1I>