

# Learning Disability Week Friendship pack

mencap  
presents



For Learning Disability Week this year, we want to celebrate the incredible friendships and connections that make up our **#MencapFamily** - and show how important they have been during lockdown.

We know many people with a learning disability will be unable to see their friends in person at the moment. So we've put together a pack to help you have a fun video call with your friends!

Inside we've included a template to help you make your very own Friendship Flag. The idea is simple:

- Make a flag before your video call that shows all the things you like or miss about your friend.
- You could include their name, a picture of them, their favourite things, and memories you've shared together.
- Show each other your flags on the call!
- Have a chat about all the things you included on your flag.
- Put your flag up in your home to remind you of your friends and the good times you've had together.
- Take a picture of your flag and put it on social media with the hashtag **#LDWeek2020** to show the world your amazing friendship!



## 1. Think about how you will make your flag

Talk about how you are going to make your flag with your friends, family or support workers. You can decide what message you want to put on the flag.

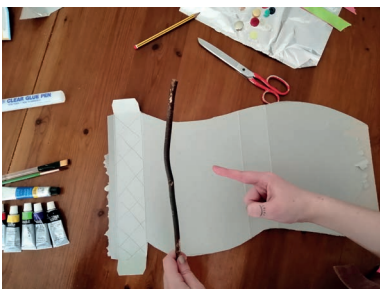


## 2. Make your flag

This can be done by using the Mencap template which you can print out, or by using materials that you already have at home.

You could:

- use cardboard from things like cereal boxes to create the flag shape
- use twigs from your garden, pencils or paintbrushes as the flag stick

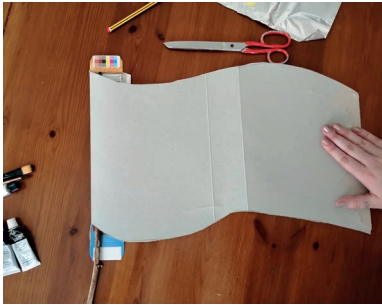


## 3. Place the stick on your template



## 4. Add glue to your template and fold over the paper or cardboard. This will hold the stick in place.

You could also use sellotape or blue tack to do this.



## 5. Add your message and decorate your flag

- you can cut out your message and glue it on
- you can write or paint it onto the flag

You could:

- use felt tip pens or paint
- add things like cut-out shapes, fabric, glitter, paper, sequins and buttons with glue or sellotape



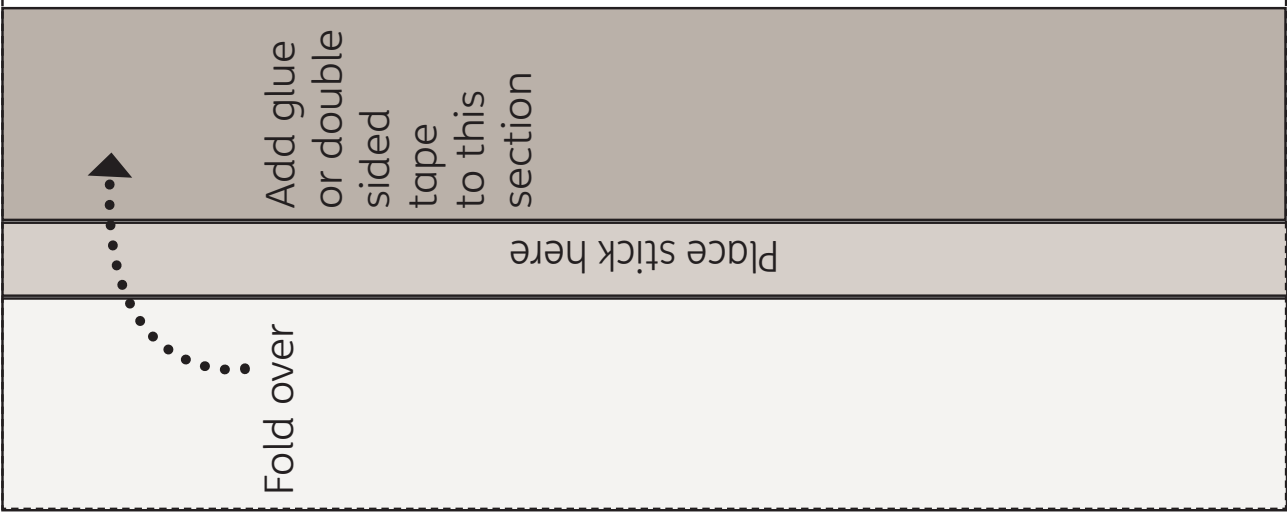
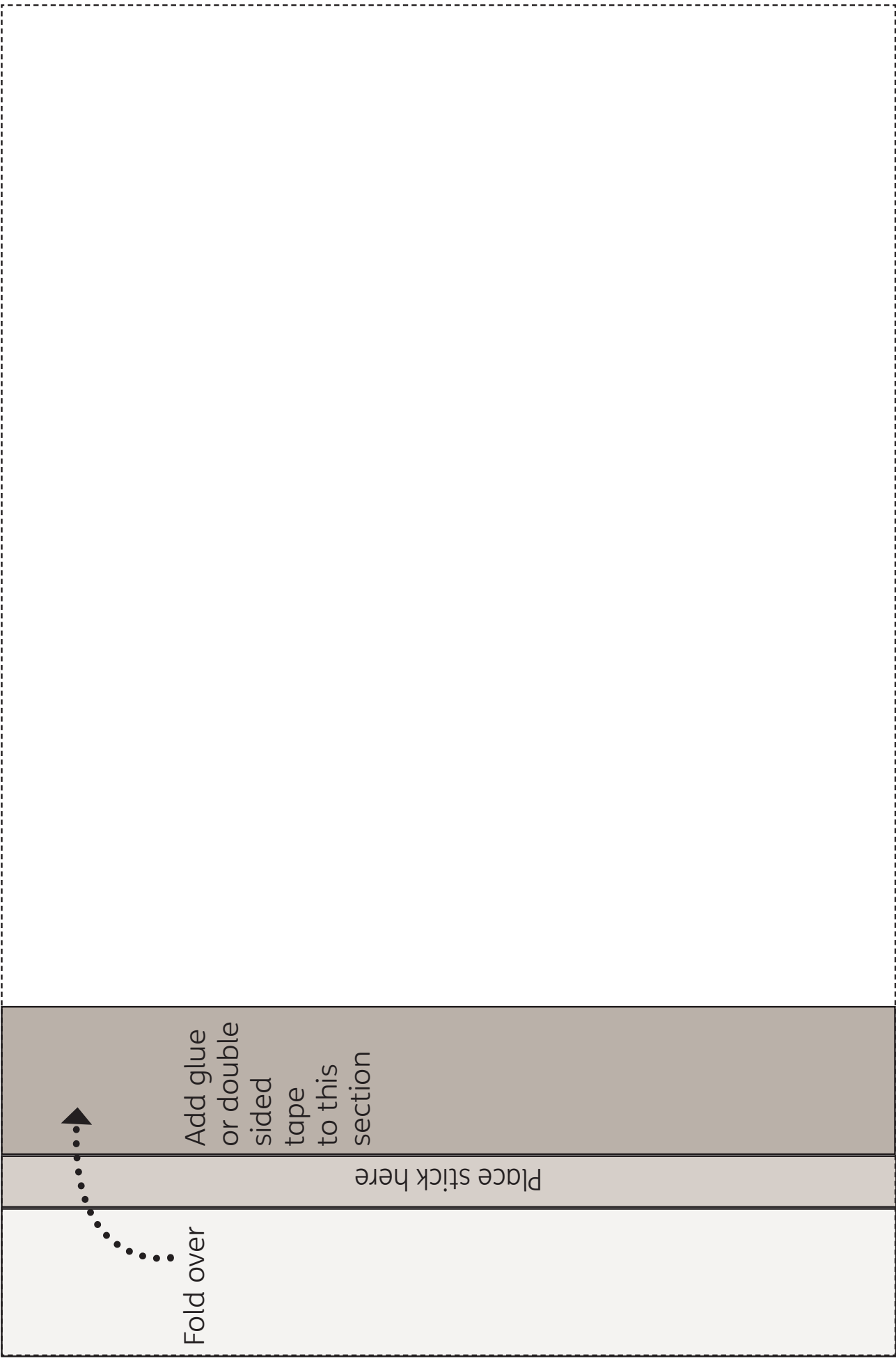
## 6. Tell us about your Friendship Flag

Please send a photo of what you have made to [sophie.spiteri@mencap.org.uk](mailto:sophie.spiteri@mencap.org.uk) or post them on social media with the hashtag **#LDWeek2020**.



## 7. Share your flag

Don't forget to show off your flag. You can put your flag in your window and use it during **#LDWeek2020**.



Fold over

Place stick here

Add glue or double sided tape to this section