Connect in the North is a centre for inclusive living, led by people with learning disabilities.

People with learning disabilities can get advice on living their lives, from getting the right support to learning skills to get a job.

Usually, Connect in the North support people in person.
During Covid-19, they have only been able to see a few people in person.

Some people with learning disabilities have been in lockdown since March 2020.

To stay in contact with them, Connect in the North worked with Creating Connections to be able to provide advice online.

The people who are doing this are called Sarah and Madeleine.

They thought about how this could be done and thought about things that would make it hard to do.
These are some of the things that were hard:

Some family members were worried about the change. They were used to getting phone calls or newsletters.

Some people were worried, because they had not done it before.

Some people did not know how to use a computer or the internet.

To help people, Sarah and Madeleine ran Zoom training sessions for people with learning disabilities and their supporters. They used money from Creating Connections to run the sessions.
This training helped people build their confidence and learn how to use Zoom on computers.

They ran five different sessions that everyone enjoyed.

Two of the sessions were in person, to help people with learning disabilities who didn’t know how to connect online.

A supporter said that people found the training useful and it cheered people up.

People got more confident in using Zoom.
Sarah said: “We’ve seen the joy when people see their friends online and they cheer each other on.”

“There’s been a lot of laughter, but most of all we’ve seen people with learning difficulties learn new skills.”

It worked so well that Sarah decided to make a video so that people could talk about what they had learned.

This meant they could inspire other people to try something new.

You can watch the video on YouTube: https://youtu.be/8n-bOnRnhyw
SeeAbility is the operating name of the Royal School for the Blind founded in 1799. Registered charity number 255913.

Graphics used from Photosymbols.

Reviewed: June 2021