

Creating Connections

Staying up late



Easy read case study



People with learning disabilities and people who are autistic have the same rights as everyone else.



But some people can't lead full and active social lives because the right support isn't in place.



Sometimes there is not enough support to go for nights out, dancing or concerts.



Covid-19 made seeing friends and meeting new people hard.



This meant people felt lonely.



Sheffield Voices started putting on different events and activities to do online.



People supported by Sheffield Voices said that there weren't enough events at night.



So Sheffield Voices tried a new online activity on a Wednesday evening.



This is planned by the people taking part.

The activities include:



- Karaoke



- Dancing



- Crafts



- Cooking



- Games



- Movie nights



There is something for everyone.



Each event is chosen so that everyone can take part.



Learning to take turns online is a good skill that helps people build confidence and speak up in different social situations.



Kelly Scargill arranges social nights for Sheffield Voices.

She says:



“The dance and karaoke were so popular. The best song to do on Zoom is the ‘Hokey Cokey’ because everyone knows it and goes up to the screen on the chorus.”



“I see people who aren’t confident really get into the singing and movements on screen. That’s the best thing to see.”



“Through our services we’re helping people to get to know other groups.”



“They can connect with more people and be part of a growing network.”



This is a photo of the Sheffield Voices Halloween social dress up.



Changing our activities helped people stay connected while being apart because of the pandemic.



It makes you feel part of a community when it is easy to feel lonely.



Meeting in person is better, but the online activities help people meet up in the evening.



Kelly says: “We want to do both face to face and digital services going forward.”



“Digital services can be really accessible and more flexible.”



“So while someone might not always have the care and support to physically get out, people can still socialise and have fun.”



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