

GETTING TOGETHER



A booklet to go with a DVD about making friends and starting relationships.

**LEEDS
ANIMATION
WORKSHOP**

GETTING TOGETHER

This booklet comes in a pack with a DVD. The DVD is twelve minutes long. It is a cartoon for people with learning disabilities, about making friends and relationships.

CONSULTANTS

Mencap, CHANGE, Connect in the North, fpa, Gay Switchboard, Leeds Learning Disability Service, Bradford Down's Syndrome Training & Support Service, Leeds Involvement Project, University of Leeds School of Healthcare.

Thanks to everyone who helped to make this pack.

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GETTING TOGETHER

A person with a learning disability may have problems reading or writing.

But that doesn't mean they have a problem with relationships.

- They may be very good company.
- They may be very good at being friends.
- They may be very good partners, husbands or wives.

Family members or carers sometimes try to protect a person with learning disabilities, by keeping them away from other people.

Anybody can get hurt or taken advantage of. There are dangers and we must all be careful.

- We all need to learn how to keep safe.
- We need to learn how to behave with other people.

Everyone has the right to a social life and a sex life.

We all need friends.

ERROLL

Erroll's story is about meeting new people.



Erroll's problem

He is a bit lonely.

His mum and dad don't like him going out on his own.

What Erroll does about it

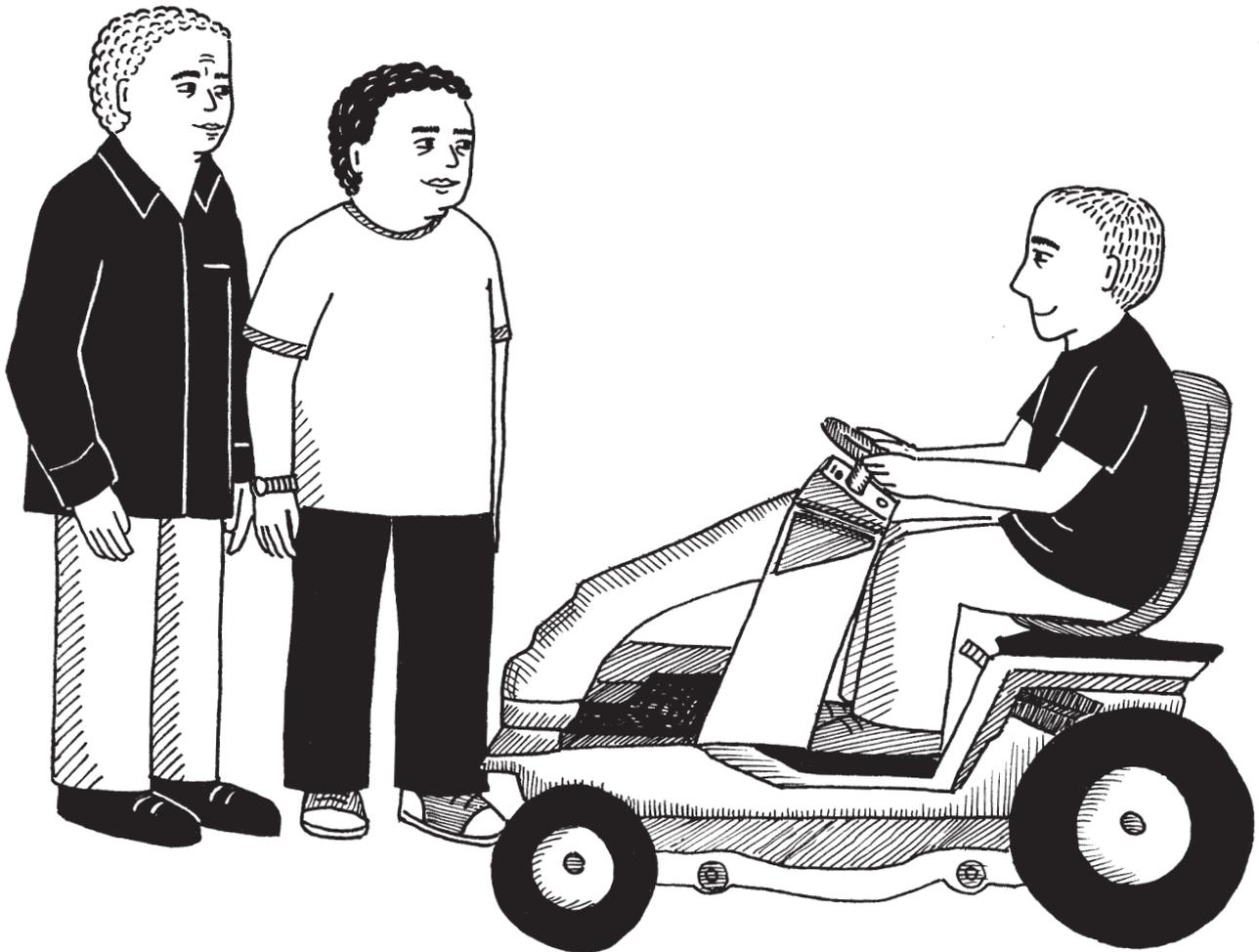
- He finds out they need helpers at the cricket club.
- He tells his mum and dad he wants to go.

How his parents help

- His dad rings Chris at the cricket club.
- Then he agrees to take Erroll along.

What happens next

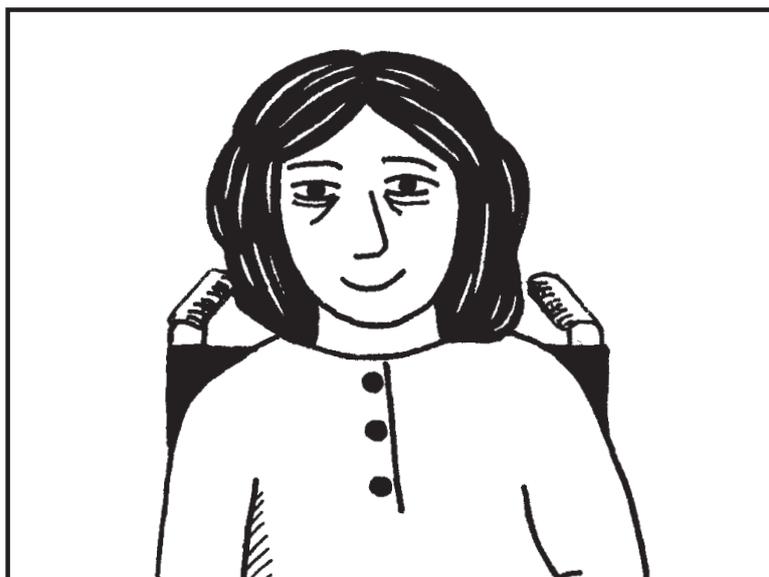
- Erroll goes to the club every week.
- He does a good job cutting the grass.
- He makes lots of new friends.
- His mum and dad are pleased.



**Erroll and his dad meet Chris
at the cricket club**

GITA

Gita's story is about falling out with a friend.



Gita's problem

She can't talk or walk.

She can't ask her friends to explain when they do things she can't understand.

So she gets angry and hits out.

What Gita does about it

- She shows that she likes Cathy.
- She shows she is sorry about breaking Cathy's pot.

What Maria, her assistant, does

- She helps Gita sit with Cathy at break-time.
- She tells Cathy about Gita's birthday.

What Cathy does

- She comes round on Gita's birthday.
- She explains why she was whispering.

What happens next

Gita and Cathy make friends again.
They are both really pleased.



Cathy comes to see Gita on her birthday

HARRY

Harry's story is about finding other people who are gay.



Harry's problem

He wants a boyfriend, but he doesn't know where to start looking for one.

What Harry does about it

- He talks to his support workers.
- He tries out a club with Grant.
- He finds a group through Gay Switchboard.

What Susie and Grant do to help

- They support him while he finds out how to meet gay people.
- They make sure he is safe.
- Grant takes him to a nightclub so Harry doesn't have to go on his own.
- Susie looks on the Internet.

What happens next

Harry says he will join a social group and make friends.

He hopes he will find a boyfriend too.



Harry and Susie look on the internet

CANDICE

Candice's story is about how to say no.



Candice's problem

On a date with Andy, she doesn't like it when he puts his arm round her.

But she keeps smiling so as not to be rude.

Then he tries to kiss her.

She says yes to another date.

What Candice does about it

- She stops Andy kissing her by saying, "No, I don't like it!"
- She talks to Jenny.
- She rings Andy to say she doesn't want to see him again.

What her carer, Jenny, does to help

- She goes with Candice to meet Andy in the park
- She helps her work out what to say.

What happens next

Candice phones Andy and tells him she doesn't want to see him again.

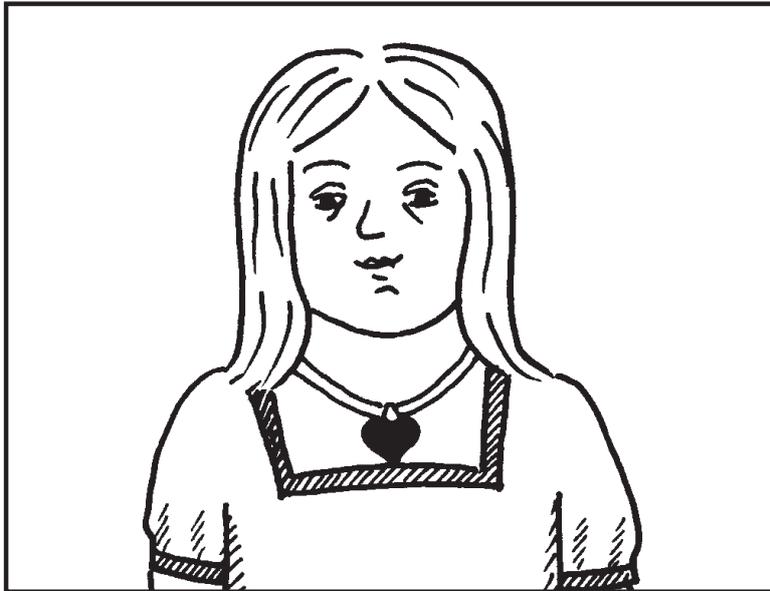
She feels relieved.



Candice tells Andy not to kiss her

JACEY

Jacey's story is about getting into danger.



Jacey's problem

She meets a man in a club and dances with him. The next week she gives Robbie all her money and agrees to go home with him.

What Jacey does about it

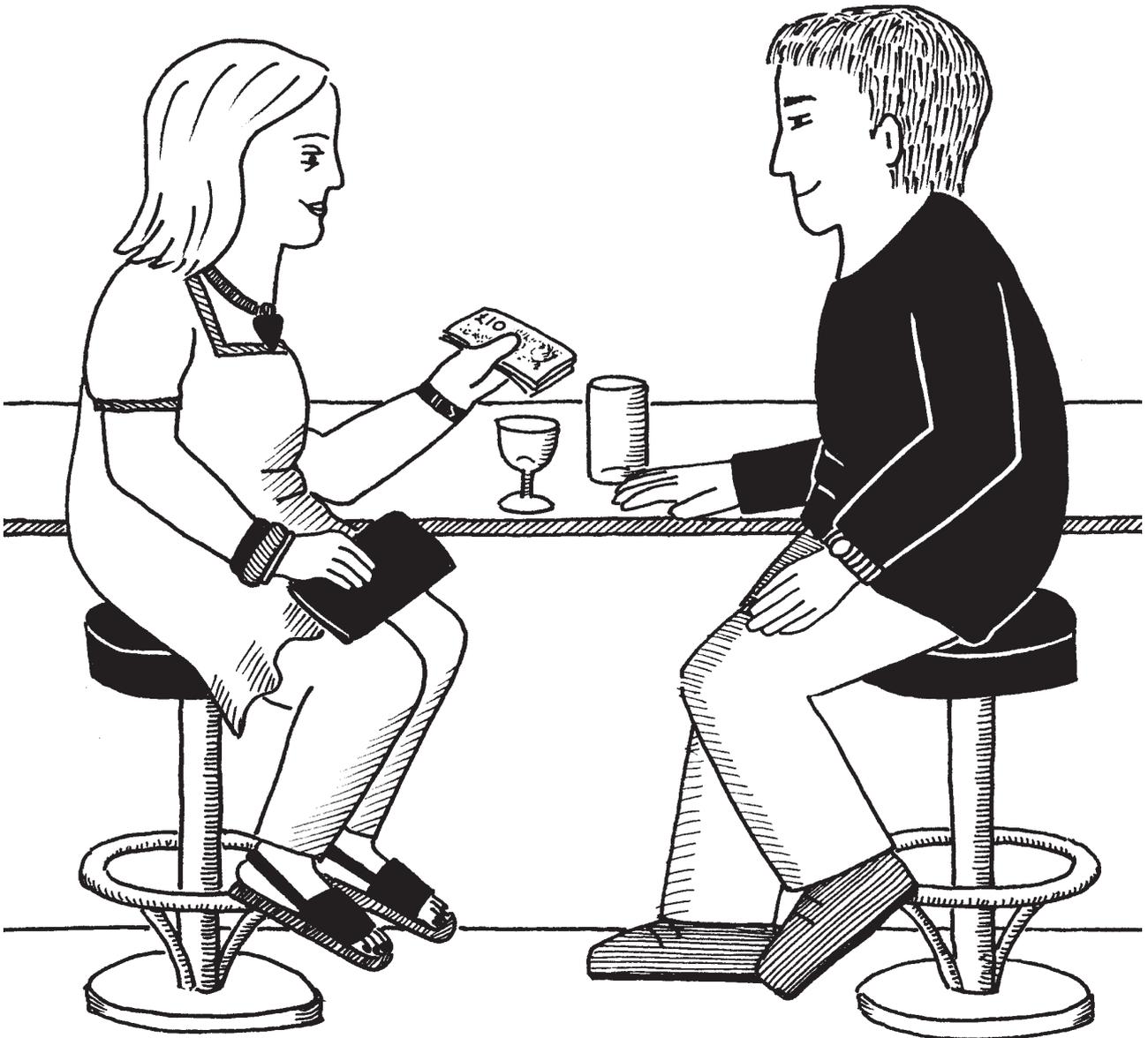
- She talks to her mum.
- She says next time she won't take risks.

What others do to help

- Alex, the group leader, comes after them.
- He talks to Jacey.
- So does Jacey's mum.
- They both say you need to get to know somebody before you can trust them.

What happens next

Jacey decides that if she doesn't really know someone, she won't go out alone with them.



Jacey gives Robbie money to buy drinks

BRETT

Brett's story is about making a relationship last a long time.



Brett's problem

Brett doesn't have a problem.

He takes things slowly and plans ahead.

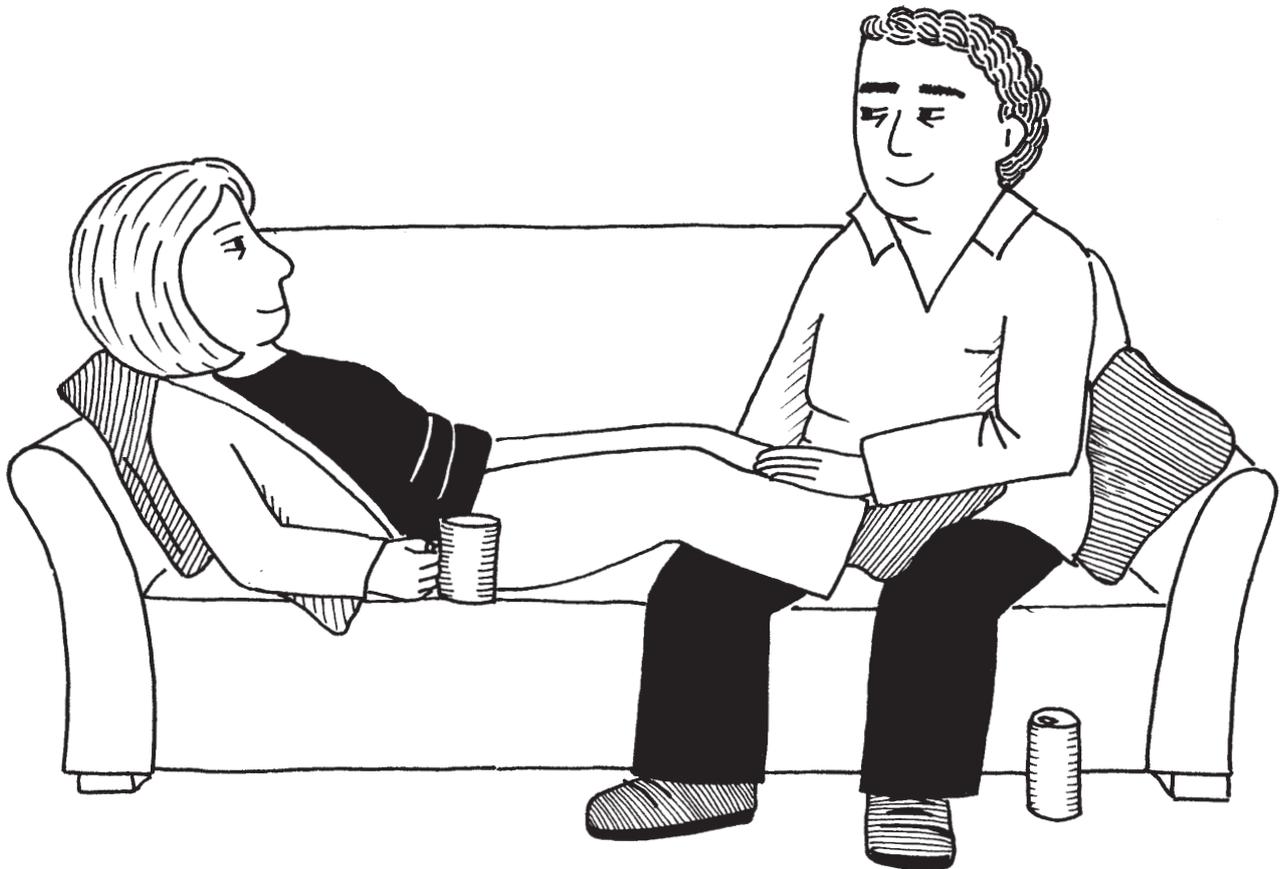
What Brett does

- He gets to know Marie before he asks her to be his girlfriend.
- When they want to have sex together, they talk about it.
- They get condoms first.
- Condoms stop them having a baby, and help stop them catching a sexual disease.
- When they argue, Brett goes to cool off.
- Then they say sorry and make up again.

What happens next

After a couple of years Brett is getting on better than ever with Marie.

He tells her he wants them to find somewhere to live together.



Brett and Marie like spending time together

GETTING HELP

Mencap: help@mencap.org.uk

Learning Disability Helpline: 0808 808 1111

www.mencap.org.uk

CHANGE: www.changepeople.co.uk

Down's Syndrome Association:

Helpline: 0845 230 0372

www.downs-syndrome.org.uk

The PMLD Network

To improve life for people with profound and multiple learning disabilities

020 7696 5549 www.pmlidnetwork.org

Stars in the Sky

Dating agency for people with learning disabilities. Branches around the country.

0208 809 4442 www.starsinthesky.co.uk

FPA Family Planning Association

For contraception and sexual health advice.

0845 122 8690 www.fpa.org.uk

Gay Switchboard

For people who want to know about being lesbian, gay or bisexual

020 7837 7324 www.queery.org.uk

Films from Leeds Animation Workshop for people with learning disabilities

Everyone Can Save Energy (2008)

Saving energy in the home.

Getting Better (2010)

Going to the doctor, the health clinic, the dentist or the optician.

Getting Together (2010)

Making friends and starting relationships.

Getting Better in Hospital (March 2011)

Going to the hospital.

Other films can be found on our website:

www.leedsanimation.org.uk