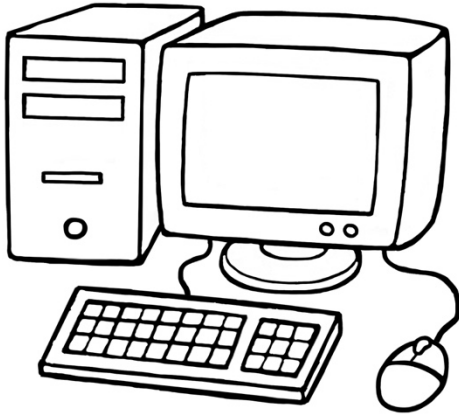


# Information Sheet



*Keep in touch and up to date with disability groups and service providers online.*

Many learning disability organisations and service providers have their own websites (some may have a Facebook page instead).

You will find these by searching online (using Google or a similar search engine) by using their name. It might be useful to add a short description or the area they are located in.

There may also be an online directory of organisations for your local area.

Websites typically provide information about what services organisations provide and may also include weekly programmes or schedules.

Website will also have contact details (address, telephone number and e-mail) for you to get in touch, ask them questions and arrange a visit.

Learning disability organisations and service providers are increasingly using social media such as Facebook and Twitter.

They may update their social media with latest news and activities more frequently than their websites.

Organisations may also use other sites like YouTube and Instagram to share videos and photos.

Some organisations use Facebook and WhatsApp groups for staff and members and their families to participate and keep in touch.