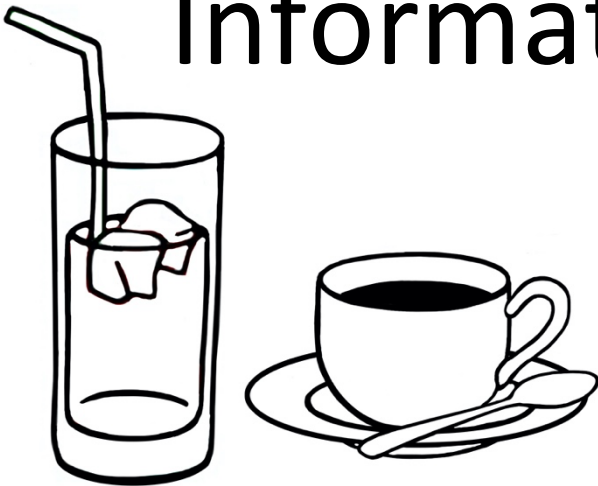


Information Sheet



Join a local learning disability friendship group or network.

Organised friendship groups and networks provide opportunities for you to meet new people and make new friends.

Through attending friendship group events you can participate in a range of social and leisure activities, both during the day and in the evening. Some groups arrange activities at weekends.

Activities might include meeting for drinks at a café or pub, going bowling or going to the cinema.

Friendship groups and networks are supported by staff and volunteers, and arrangements can usually be made for members to bring their own support workers if they choose to.

Our research found that friendship groups help give members the confidence to meet new people, participate in new activities, and even organise their own social and leisure activities.