

## Finding meaningful things to do

# Spending time with friends and family



Leading a fulfilling social life

Having opportunities to meet new people and make friends

### What did we find?

Participating in organised peer-friendship groups and networks

Meeting non-disabled friends through college, volunteering and at church groups and sports clubs

Many use weekends to catch up with parents and family

### What learning is involved?

Using networking and social skills learnt in organised groups to arrange own social events with friends

Learning to travel independently and network online

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**Last Saturday there was about six, seven of us ... we arranged it. We all texted each other and arranged it ourselves. We do it once a month, get together.**

David, self-advocate

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### What more can be done?

Commissioning and supporting more friendship groups and networks

Supporting buddying and mentoring schemes with peers and non-disabled partners

