



#DoYourThing
SATURDAY 24th JUNE
CARRICKFERGUS



ARE YOU READY TO DO YOUR THING FOR LEARNING DISABILITY PRIDE????

Everyone with a learning disability should be proud of who they are.

This flagship event, first held in Spring 2017 is a unique chance to celebrate the amazing and extensive achievements, skills and interests of people with a learning disability. We need YOU to #DoYourThing and show your support!!

No matter who you are - whether you're an individual, local business or large organisation we are asking you to get involved and show your support for learning disability.

It's easy to do - simply take a photo or make short video using our theme tune Do Your Thing by Basement Jaxx and upload to Facebook with the hashtag #DoYourThing.

For inspiration watch our launch video on YouTube: <https://bit.ly/2Fc4YFM>

Read on for more information on the event and ways you can get involved!



@LDPride



@learningdisability
pride



Learning Disability Pride
#DoYourThing

LD Pride #DoYourThing

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ABOUT

There are over 42,000 people with a learning disability in Northern Ireland. Often they go under represented, are misunderstood, or struggle to have their rights respected and achievements celebrated.

Learning Disability Pride is a day to celebrate people with a learning disability and their achievements, while raising awareness and challenging stereotypes about learning disability.

The event will be hosted by Carrickfergus & District Senior Gateway Club supported by a range of organisations who work with people with a learning disability. There will be a Carnival Parade, Live Music, Entertainment, Workshops, Information / Market Stalls and family friendly accessible activities.

TESTIMONIALS

We asked some of the 7000 people who attended Learning Disability Pride 2019 what they thought of the experience:

QUOTES

- It was a fantastic day, really enjoyed myself and can't wait till next time
- Good for children and for them to interact - not necessary to have a disability to be included, it was inclusive
- Everybody together, community spirit; Enjoyed meeting people
- LD Pride was a fantastic opportunity to celebrate the lives of people with learning disabilities in a carnival event that included the whole community. It was a very well organised and enjoyable event for the whole family.

STATISTICS

- 100% of respondents agreed that they enjoyed themselves
- 100% of respondents agreed that the event positively created awareness of people with learning disabilities
- 99.44% of respondents agreed that the event content was inclusive for everyone
- 97.77% of respondents agreed that there was helpful information provided to people with learning disabilities and their families
- 85.47% of respondents agreed that they found out more about learning disability



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JOIN IN THE FUN



WHY DOES LD PRIDE MATTER:

We asked people with a learning disability who attended Learning Disability Pride 2019 to sum up how the event made them feel in a few words. Here's some of what they said:

Positive about life,...Part of something... Pleasant day out...Good to raise awareness;... Happy getting out... Privileged to be part of it...Enjoyed myself...Part of a community...Oozes inclusion... Proud...Happy...Thankful

WHAT CAN I DO?

There are so many ways you can get involved with Learning Disability Pride! This inclusive and unmissable event is for everyone so whether you are an individual, small group, business or large corporation there are plenty of ways for you to get involved and **#DoYourThing**

Here are a few ideas :

- **Take the challenge** - Simply snap a photo, or make short video using our theme tune Do Your Thing by Basement Jaxx and upload to Facebook/Twitter with the hashtag **#DoYourThing**. - Don't forget to tag a friend or colleague to do their thing once you upload
 - **Volunteer** - We need lots of volunteers on the day, so whether you can help with event management, activities, photography, evaluation, stewarding, or have another skill to offer, we would love to hear from you
 - **Donate** - An event this size costs a lot so donations help us to add extra elements to the day and make sure it is inclusive for all needs. Whether you can organise a collection in your school, group or office, hold a fundraiser or if you have a service that you would be happy to provide on the day we welcome any and all support!
 - **Exhibit** - We aim to create a festival atmosphere and are keen to hear from businesses and organisations looking to host a stand on the day. For further information on the options available simply drop us an email and one of our team will be in touch
- If you want more details on the event, ways you can get involved, organising a collection, volunteering, exhibiting, or you simply want to join us and enjoy the day email:

Emma.Hart@mencap.org.uk

CHECK OUT OUR FACEBOOK

www.facebook.com/learningdisabilitypride

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WANT TO BE PART OF IT?



STRONGER TOGETHER

Learning Disability Pride is a partnership event for the benefit of people with a learning disability across Northern Ireland. It is only through working together that it is possible. If you'd like to be a part of it, please get in touch to find out more.

THOMAS HAIGHTON
CARRICKFERGUS SENIOR GATEWAY

07851 280 336

Contact me if you would like to find out more information about the event



Emma Hart
MENCAP NORTHERN IRELAND

07999 982 929

Contact me if you would like to express how you can get involved



FIND OUT MORE

www.carrickseniorgateway.org