# Social media plan for @NHSAbility

#LearningDisability

#Autism / #Autistic

#FamilyCarers

Target audience - People with a learning disability, family carers, professionals

Start tweeting - 15 June

Finish tweeting - 19 June

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| **Photo?** (please send to us) | (more to come) |
| **Monday am**This learning disability week, we are talking about friendships and work relationships. Watch this video from some of our colleagues talking about how work relationships have helped them when they are working from home [Carl,Karl,David video link] |
| **Monday pm**This Learning Disability Week we are talking about friendships in lockdown.We have asked two self advocacy groups how they are managing to keep in contact with friends and colleagues at the moment.This video from Speak Up is about how they have used friendships to find new ways of doing things during the pandemic.[Speak Up video link] |
| **Tuesday am** For learning disability week this year, we are talking about friendships and working relationships during lockdown.This is a video from Roger Banks, who is the National Clinical Director of Learning Disability and Autism. He is talking about why friendships and work relationships are important. [Roger video link] |
| **Tuesday pm**This Learning Disability Week we are talking about friendships in lockdown.We have asked two self advocacy groups how they are managing to keep in contact with friends and colleagues at the moment.This video from Ace Anglia is about how friendships are helping them during lockdown.[Ace Anglia video link] |
| **Wednesday** **am - use ‘Zoom’ picture**We are celebrating 5 years of employing people with lived experience in the national learning disability and autism programme – autistic people, people with a learning disability and family carers. Gavin Harding was one of the first people with a learning disability to get a job in the learning disability and autism programme.Gavin was named as one of the most inspirational disabled people in the UK in the Shaw Trust Power 100 List. He has just been featured in a book called Made Possible (June 2020), a collection of stories of success by people with a learning disability, edited by Guardian journalist Saba Salman.Watch this video about Gavin to find out more <https://youtu.be/O8mXJL1iRUA>  |
| **Wednesday** **am – use ‘Zoom’ picture**We are celebrating 5 years of employing people with lived experience in the national learning disability and autism programme.Katie Matthews is a network manager in the learning disability and autism engagement team. She was one of the first people with a learning disability to get a job in the learning disability and autism programme.Katie has written a poem about coronavirus, lockdown and working together as a team. It’s called We’ll Beat This.*[Katie’s poem]***#LearningDisabilityWeek** |
| **Wednesday** **pm - use ‘Zoom’ picture**We are celebrating 5 years of employing people with lived experience in the national learning disability and autism programme.Soon we will be looking for a person with a learning disability in the engagement team.We are also looking for a new family carer adviser in the Health Improvement team. You can find out more here <http://jobs.england.nhs.uk/job/v2444113>. The closing date is 21 June. |
| **Thursday – don’t tweet/post about learning disability week (focus on autistic pride day)** |
| **Friday am**This learning disability week we are talking about friendships during lockdown. Lockdown has made lots us of feel more lonely and isolated. So it’s really important to keep in touch with friends and colleagues.We want to show how important friendships and working relationships are to help beat isolation and loneliness. Read this easy read information about friendships from Mencap[www.mencap.org.uk/sites/default/files/2016-09/Friendships%20and%20Social%20Life%20-%20%20easy%20read%20final.doc](http://www.mencap.org.uk/sites/default/files/2016-09/Friendships%20and%20Social%20Life%20-%20%20easy%20read%20final.doc)  |
| **Friday am**This learning disability week we are talking about friendships and work relationships during lockdown. Staying connected to friends and work colleagues is a great way to tackle loneliness. One way to stay connected is to use video apps. Here is some easy read information about how to use Zoom - [www.aceanglia.com/wp-content/uploads/2020/03/how-to-use-zoom-easyread-3-1.pdf](https://www.aceanglia.com/wp-content/uploads/2020/03/how-to-use-zoom-easyread-3-1.pdf)Here is an accessible video about how to use Zoom [www.youtube.com/watch?v=zhBd30l1prg](http://www.youtube.com/watch?v=zhBd30l1prg) |
| **Twitter** |
| **Monday**This #LearningDisabilityWeek, we are talking about friendships and work relationships. Watch this video from some of our colleagues talking about how work relationships have helped them when they are working from home [Carl,Karl,David video link] |
| **Monday**This #LearningDisabilityWeek we are talking about friendships in lockdown. We have asked two self advocacy groups how they are managing to keep in contact with friends and colleagues at the moment.This video from @SpeakupSA is about how they have used friendships to find new ways of doing things during the pandemic.[Speak Up video link] |
| **Tuesday**For #LearningDisabilityWeek this year, we are talking about friendships and working relationships during lockdown.This is a video from Roger Banks, who is the national clinical director for learning disability and autism. He is talking about why friendships and work relationships are important. [Roger video link] |
| **Tuesday** This #LearningDisabilityWeek we are talking about friendships in lockdown. We have asked two self advocacy groups how they are managing to keep in contact with friends and colleagues at the moment. This video from @aceanglia is about how friendships are helping them during lockdown.[Ace Anglia video link] |
| **Wednesday**We are celebrating 5 years of employing people with lived experience. @hardinggavin was one of the first people with a learning disability to get a job in the learning disability and autism programme. Watch this video about Gavin to find out more <https://youtu.be/O8mXJL1iRUA>  |
| **Wednesday** We are celebrating 5 years of employing people with lived experience in the national learning disability and autism programme.@YngAchiever18 (Katie Matthews) is a network manager in the learning disability and autism engagement team. Read Katie’s poem about teamwork, coronavirus and lockdown [insert link]**#LearningDisabilityWeek** |
| **Wednesday**We are looking for a new family carer adviser in the Health Improvement team. You can find out more here <http://jobs.england.nhs.uk/job/v2444113>. The closing date is 21 June #LearningDisabilityWeek #Coproduction |
| **Thursday – don’t tweet/post about learning disability week (focus on autistic pride day)** |
| **Friday**This #LearningDisabilityWeek we are talking about friendships during lockdown. Lockdown has made lots us of feel more lonely and isolated. So it’s really important to keep in touch with friends and colleagues. Easy read about friendship-[www.mencap.org.uk/sites/default/files/2016-09/Friendships%20and%20Social%20Life%20-%20%20easy%20read%20final.doc](http://www.mencap.org.uk/sites/default/files/2016-09/Friendships%20and%20Social%20Life%20-%20%20easy%20read%20final.doc)  |
| **Friday**This #LearningDisabilityWeek we are talking about friendships and work relationships during lockdown. Staying connected to friends and work colleagues on #Zoom is a great way to make sure you’re not lonely. Here is an accessible video about how to use Zoom [www.youtube.com/watch?v=zhBd30l1prg](http://www.youtube.com/watch?v=zhBd30l1prg) |