

## Here are a few things we've learnt along the way

- **Do things together**
  - Link up with others – other activity groups, churches, businesses or maybe with just one other person who feels as strongly as we do
  - Make use of organisations and resources that already exist
  - Get different abilities working together – doing things **with not for** each other
  - Have as good a balance of people **with and without** learning disabilities as you can. The mix of people and valuing everyone's input equally is key
  - Make sure everyone takes responsibility for keeping each other safe
- **Take time and keep going**
  - It takes time to form good relationships, to feel at ease with each other and build trust. It takes longer when there are people with different abilities involved. That's fine – just take the time
  - Set aside any expectations. Don't assume anything – look, listen, ask questions. Be patient.
  - Sometimes you need to push through initial discomfort or anxiety – that's fine, just keep going
- **Relax**
  - Don't worry about saying or doing the wrong thing – in our experience people are very forgiving. Doing things together is a learning experience for everyone
  - If you're part of a group, be flexible with your plans. Sometimes we get it right, sometimes we don't. Don't beat yourself up about it!
- **Have fun!**
  - Choose activities that are fun for people of all abilities.
  - Include friends. That can make it easier for people to join in and have more fun.