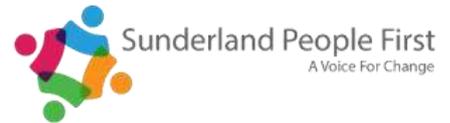


Keeping People Connected



During Coronavirus our team have been working to help people in Sunderland with a learning disability, autistic people and their families use different ways to stay connected.



We have been using social media like Twitter and Facebook to share important messages.



We have been using a programme called Zoom to connect with people and share things that we think may help.



Everyone has said that they have enjoyed talking online, have had fun and that it is something to look forward to. We also welcome your ideas about anything else that you would like to talk about.



You can use Zoom on your smart phone, laptop or computer.



People in Action have made a video about how to use Zoom on your computer. Click on this link to play: <https://bit.ly/2V7hONo>



We would like to invite more people with a learning disability and autistic people to join our meetings on Monday, Wednesday and Friday. If needed your supporter/carer is welcome to join too.



Please get in touch by direct messaging us **only**, on Facebook, Twitter or emailing our team at info@sunderlandpeoplefirst.com or phoning Samantha on [07845750887](tel:07845750887) to book a place.

Our meetings so far include:



Online Quizzes and other fun things.



Staying positive and sharing news. Understanding information and local updates.



Community safety and knowing what to do if you're worried.



We look forward to sharing and connecting with you.