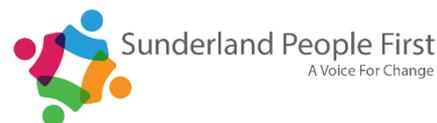


Keeping People Connected



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 working with other organisations to look at different ways that we can all work together to make this happen.



We have been using social media like Twitter and Facebook to share important messages. We have set up WhatsApp groups for people's friends and family.



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



We have used Zoom to keep in touch and organised fun things like cookery classes and online quizzes.



Lots of people have said that they have enjoyed talking online, have had fun and that it is something to look forward too.



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, autistic people and families to join our meetings on Monday, Wednesday and Friday.



If you have a learning disability, are autistic or you are a family carer please get in touch by direct messaging us on Facebook or emailing our team at info@sunderlandpeoplefirst.com or phoning Samantha on [07845750887](tel:07845750887)



We need to make sure that people are safe so please don't share your personal details with everyone online.

Our meetings so far include:



Online Quizzes.



Sharing positive news and information.



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



We also welcome your ideas about anything else that would help you and your family?



If you are interested just say Hello and we will get in touch to share how you can connect with other people.