



**Scottish
Learning Disability
Week**

Easy Read Information

#ScotLDWeek26

#HereToBeSeen

What is Scottish Learning Disability Week?



Scottish Learning Disability Week celebrates people with learning disabilities.

Celebrates means to do something fun and enjoyable.



Scottish Learning Disability Week is Monday 7 September to Sunday 13 September 2026.



Scottish Learning Disability Week shares some of the great things that people with learning disabilities do.



Scottish Learning Disability Week also shares the **barriers** for people with learning disabilities.

Barriers are things that are difficult for people with learning disabilities in their everyday lives.



Some people in Scotland still have **unfair attitudes** about people with learning disabilities.

Unfair attitudes means some people think that people with learning disabilities cannot do something because they have a learning disability.



Scottish Learning Disability Week is about making Scotland somewhere that is fair for everyone.



Scottish Learning Disability Week is a time to:

- Break down barriers.
- Challenge unfair attitudes.
- Build a Scotland where everyone belongs

What's the theme for Scottish Learning Disability Week 2026?



People with learning disabilities often feel **excluded**.

Excluded means not being able to take part in activities that everyone else can do.



People with learning disabilities want to be **included**.

Included means being able to take part in activities that everyone else can do.



People with learning disabilities feel excluded from:

- jobs
- healthcare
- schools and colleges
- the community

**I am here...
to be seen**

The theme for Scottish Learning
Disability Week in 2026 is:
I am here...to be seen



I am here...to be seen means different
things to different people.



I am here...to be seen can be
a feeling of being annoyed
because you are excluded.



Or, **I am here... to be seen** can be a feeling of pride and excitement because you have done something really good.



Or, **I am here... to be seen** can be a reminder to be in the moment and look after yourself.



Tell Scotland what **I am here... to be seen** means to you.

What can I do this Scottish Learning Disability Week?



You can organise a Conversation Café to share stories about barriers or unfair attitudes for people with learning disabilities.

There is more information in our **activity pack**.



You can go to an online or in-person event.

Look at www.ScotLDWeek.com to find events around Scotland.



Use our social media toolkit and use our pictures to say **"I am here...to be seen"** on Facebook.

You can download our Social Media Toolkit at www.ScotLDWeek.com.



You can ask organisations to include people with learning disabilities.

Where can I find out more information?



You can find out more information on our website:

www.ScotLDWeek.com



You can use our social media channels

Facebook – @ScotCommission

Instagram - @SCLDNews

Linkedin - /company/SCLD



You can email us any questions

admin@sclld.co.uk



You can phone us on
0141 248 3733.