Live Well Social Media project

The North East and Cumbria Learning Disability Network and Skills for People have come together to create the Live Well social media project.

This project will be led by Social Media Champions who have a learning disability and or are autistic.

We want to create a social media presence across the North East and Cumbria.

What is a social media presence?

This is where you use the internet and different platforms such as Facebook and Instagram to share information, messages and to positively show people with a learning disability and / or autistic people.

Our social media presence will help people to **Live Well**. People will be able to find out about how to live well and to share their ideas too.

Social media will help people with a learning disability, autistic people and their families to connect with each other.

Our team will share stories, films and pictures of themselves and of people with lived experience on social media.

The team will be helping people across the North East and Cumbria to find out about and get involved with:

- Healthy eating
- Exercise
- Promotion of health screening
- Reducing loneliness
- Improving your mental health
- Helping you to feel better about yourself (health & wellbeing)

About the team

Our team will include two Social Media Facilitators and 3 Social Media Champions. The champions will have a learning disability and or be autistic. They will work together and support each other to do their jobs.