

Live Well Social Media project



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



This project will be led by social media champions with lived experience of learning disability and or autism.



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 positively show people with a learning disability and/or autism



Our social media presence will help people to **Live Well**. People will be able to find out about how to live well and 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 people with lived experience on social media.



The team will be helping people across the North East and North Cumbria to find out 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 a Social Media Facilitator 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.