



Learning Disability Week 2021 is all about art and creativity!

This year, we want to highlight all the fantastic art and creativity that goes on within the learning disability community by **showcasing it across social media.**

We know that people with a learning disability are not represented enough in the arts, and **we want to change this!** Let's celebrate the many different creative talents in the learning disability community – and find out **why art and creativity is important to you!**

Inside this pack there are some ideas to help you get creative. You don't have to be an art expert – just **have fun and express yourself!** Perhaps you've been busy getting creative during the pandemic, or perhaps you'd like to share something you've just started?

We'd love to see what you have been busy creating – share your art and creativity on our social media using **#LDArtWeek.**



Twitter: @mencap_charity



Facebook: @Mencap



Instagram: @mencap



Caroline is an artist who lives in a Mencap supported living service.

“Art is therapeutic, it makes you concentrate and it makes you draw how you feel, and what mood you are in.

I like colour, it makes you feel happy and bright. I like using paint pencils and felt tips. I draw a lot and I like finding competitions and themes to follow, it helps to give me ideas. I find Pinterest very useful for finding things to draw if I can't draw it from memory.”



Let us know why art and creativity is important to you! Fill in the box below and share your answer on social media. See page 1 for our social media information.

I create because...

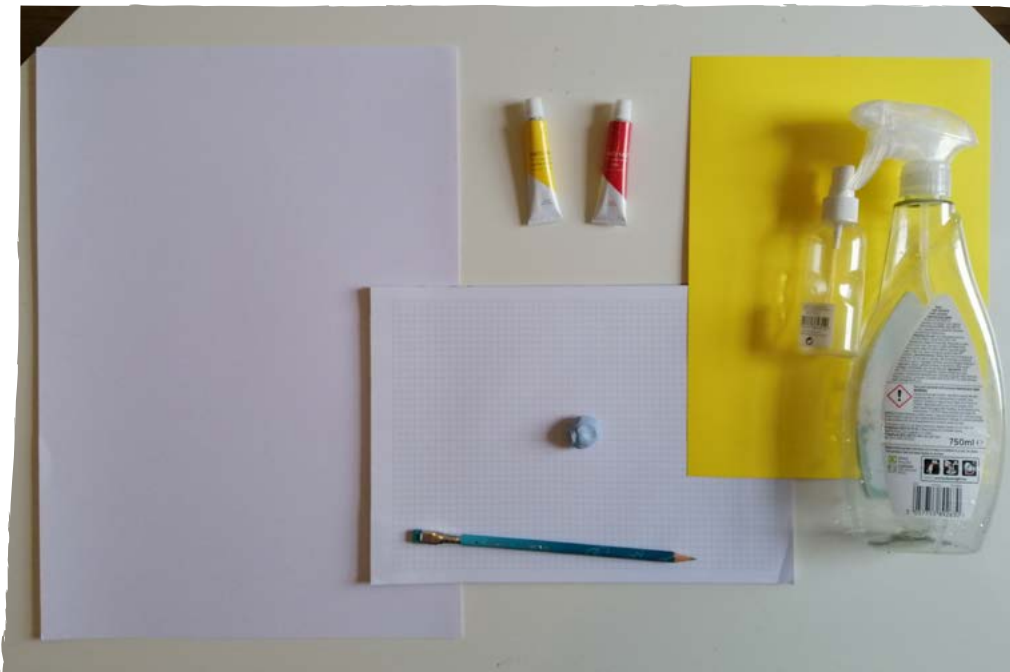
Try this at home – Hand print splatter art



Creative, colourful, and a little bit messy – this activity is **perfect for artists of every level**.

From the sensory fun of spraying paint around, to choosing your favourite colours and tracing your very own hand shape, everybody can get involved.

What you need



- ✦ Acrylic paints in different colours
- ✦ Spray bottles (an empty, cleaned-out bottle of surface cleaner will do!)
- ✦ Tape or blu-tack
- ✦ Water
- ✦ Thick paper (any colour you like)
- ✦ Normal paper and pencil
- ✦ Scissors

How to make it

1



Add a small amount of paint into your spray bottle

2



Add water to each colour until it sprays easily

3



Using your pencil, trace your hand onto a sheet of normal paper

4



Cut around the outline to make a hand shape

5



Use the tape or blu-tack to stick the hand shape onto your thick paper

6



Find a safe place to spray your paints – outside, in a big cardboard box or on some spread out newspaper

7



Spray your paints all over your paper to make beautiful galaxy patterns!

8



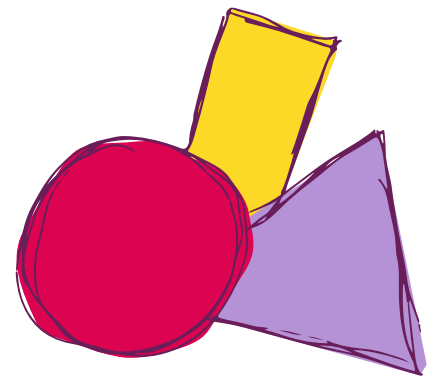
Wait for the paint to dry, then gently remove your hand shape

Make it your way!



- ✦ Choose your favourite colours of paper and paints
- ✦ You can leave the hand shape blank, or write a message inside!

- ✦ It doesn't have to be a hand shape, you can use any shape you want
- ✦ Add glitter, stickers, drawings – make it your own



Don't forget to share your creations with us on social media, using **#LDArtWeek** – we'll retweet our favourites on our official channels, so the whole world can see your creations!



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Looking for inspiration?

Art, drama, dance, crafts... **being creative is a brilliant way to express yourself**, and get people to pay attention to your message. People with a learning disability have so much talent and the world deserves to see it! Check out some of our favourite arts organisations and see what you've been missing:



Dark Horse Theatre

A theatre company in Huddersfield who make original work, with an ensemble of 8 exceptional actors with learning disabilities and non-learning-disabled actors from the wider industry.



Anjali Dance Company

Based in Oxford, this innovative dance company celebrates the creative abilities and artistic potential of people with learning disabilities and demonstrates exciting new possibilities in dance.



Disability Arts Online

A brilliant organisation led by disabled people, set up to advance disability arts and culture through sharing blogs, videos and up to date information about fantastic disabled artists. Their website is well worth a read!



Superstar Arts

A group in Worthing who help people with a learning disability to design, make and sell everything from greetings cards to bags and t-shirts.



Access All Areas

An incredible performance art group who put on award-winning, disruptive performances by learning disabled and autistic artists.

There are lots more organisations worth checking out all across the UK – visit our website for our full list of learning disability friendly arts organisations!

mencap.org.uk/get-involved/learning-disability-week-2021

Don't forget to follow us on social media to see more amazing art created by people with a learning disability!

#LDArtWeek



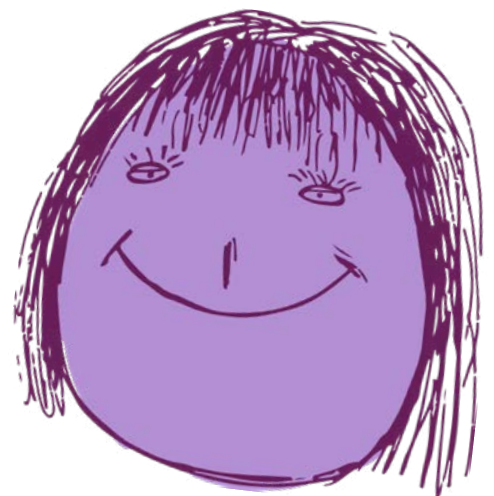
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Keep on crafting!

If you're feeling crafty, we've got lots more activities on our Pinterest board – curated by Harry, one of our ambassadors with a learning disability.

There are activities for all abilities, including **sensory activities, craft projects, and lots of messy, arty fun!**

Check it out at: pinterest.co.uk/mencap/harrys-ldartweek-activities/

Harry, Mencap learning disability ambassador

“I am a very creative person. I like anything involving colours - pastels, paints, collages, anything that's really colourful, it's who I am.

I create because I want to express myself. I choose the colours, the design - it's my creation and it represents me and nobody else. I like that art involves everyone - anybody can do it, you just need an imagination.”



Why do you create?

Art and being creative is really important to lots of people. It can help you **express your feelings**, or **make connections with other people**.

A painting can remind you of a fun day with your friends, or a place you love to visit. A play can make you feel excited or give you new ideas about the world. Dancing can change your whole mood around in just a few seconds.

Share your creativity with the world on social media, and **tell us why art and creativity is important to you**.

Here is an example of a tweet from Harry, one of Mencap's ambassadors. Why not get involved and start sharing your creativity with the world?



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#LDArtWeek