



Living Well North Tyneside

Supporting Health and Wellbeing

From 16 to 22 June 2025, we mark Learning Disability Week—an annual opportunity to raise awareness about learning disabilities, celebrate the lives of people with a learning disability, and promote greater inclusion across all areas of life.

Led by the charity **Mencap**, Learning Disability Week highlights the issues that matter most to people with a learning disability, as well as their families and carers. Each year, a different theme helps to focus conversations, influence policy, and encourage action from the wider public, services, and communities.

The theme for 2025 is “**Do You See Me?**”—an invitation to truly recognise and include people with learning disabilities as individuals, beyond their diagnosis.

What Is a Learning Disability?

A learning disability is a lifelong condition that affects how a person understands information, learns new skills, and communicates. It can vary from mild to profound and may be accompanied by other health or sensory conditions. A learning disability is not the same as a learning difficulty (such as dyslexia), and people with learning disabilities may need varying levels of support in their daily lives.

There are approximately **1.5 million people in the UK** with a learning disability, yet many still face barriers to education, healthcare, employment, housing, and social inclusion.

Why This Week Matters

Learning Disability Week is not just about awareness—it’s about action. Despite progress over recent years, people with learning disabilities continue to experience health inequalities, social isolation, and stigma.

This week helps to:

- Challenge stereotypes and dispel myths about learning disabilities
- Celebrate achievements of individuals with learning disabilities
- Promote inclusive services in education, healthcare, and employment
- Listen to lived experience, placing people with learning disabilities at the centre of conversations
- Support carers and families, whose voices and contributions are vital

Theme for 2025: “Do You See Me?”

This year’s theme, “Do You See Me?”, asks the public to reflect on visibility, representation, and voice. Far too often, people with learning disabilities are left out of the conversations that affect their lives, or seen only through the lens of their disability.

“Do You See Me?” is about:

- Being recognised for your personality, passions, and choices
- Being heard and taken seriously in health and care settings
- Being seen in public life, education, and media
- Being included in everyday opportunities to work, socialise, and belong

The campaign is led by people with learning disabilities, with stories, events, and digital campaigns running throughout the week to showcase lived experiences and celebrate individuality.

How to Get Involved

There are many ways to support Learning Disability Week in your community, workplace, or online:

- **Listen and learn** – Read or share first-hand stories from people with learning disabilities
- **Host inclusive events** – Celebrate the week with coffee mornings, talks, or accessible creative workshops
- **Review your services** – If you work in health, education or care, ask how inclusive your systems really are
- **Champion easy-read resources** – Make information accessible for everyone
- **Use your platform** – Share key messages on social media with #LearningDisabilityWeek and #DoYouSeeMe
- **Support carers** – Recognise and thank the families and support workers who make inclusion possible every day

Local Support in North Tyneside

North Tyneside is home to a number of fantastic organisations working to support people with learning disabilities:

- **LD:NorthEast** – Offering community support, health promotion and creative projects for people with learning disabilities.
- **North Tyneside Council Adult Social Care** – Provides support and information for adults with learning disabilities and their carers.
- **Living Well North Tyneside** – Find activities, groups and services designed to support and connect individuals with learning disabilities.
- **Skills for People** – A user-led organisation supporting people with learning disabilities to live the life they choose.

Final Thoughts

Learning Disability Week 2025 reminds us that visibility leads to inclusion. True inclusion starts with recognition—not only of the challenges people with learning disabilities face, but of their strengths, personalities, and dreams.

When we listen, adapt, and make room for every voice, we build a society where everyone belongs. This week is a time to reflect, challenge, and act so that no one is left out or overlooked.

Related Links

- [Mencap](#)
- [Learning Disability Week](#)
- [LD:NorthEast](#)
- [Living Well North Tyneside](#)
- [Skills for People](#)



Last Updated - 16th June 2025



