



Following the success of our pilot programme, we are pleased to announce that we have recently been awarded a Reaching Communities Grant from the Big Lottery to enable us to make our **'ABC' Programme** one of our main services and available throughout Cambridgeshire, Peterborough and some bordering counties for the next 3 years.



ABC is a sex, relationships and keeping safe programme designed specifically for people with a learning disability or difficulty.

Like most people in society, many adults and young people with a learning disability or difficulty (LDD) want and need to form personal and sexual relationships; relationships are as important to them as they are to anyone. They have a right to form such relationships, make choices and have the information to help them do this. Many people think that people with a LDD remain child-like throughout their life and therefore any form of sexual expression is not appropriate. This is not the case; we should assume that adults with LDD have the capacity to make decisions about personal and sexual relationships unless deemed otherwise under the Mental Capacity Act 2005. ABC will work with people with a LDD and their carers/parents to make this happen.

The ABC programme targets young people and adults with a learning disability or difficulty (LDD) and aims to equip participants with the skills, knowledge and information they need to make informed choices about their personal relationships, sexual health & wellbeing and keeping safe. The programme can be adapted to be age appropriate and will primarily be delivered to groups of up to 12 people but has been developed so that it can also be used to support individuals on a 1-2-1 basis. The programme also has a module 'Understanding ABC' aimed at equipping parents, carers and professionals to understand the sex and relationship needs of people with a learning disability or difficulty. This exciting and innovative programme has already supported over 400 people during the pilot phase and we now have the opportunity to deliver this to many more throughout Cambridgeshire, Peterborough and some bordering counties.

For further information on the ABC programme, for posters and leaflets or to make a referral to the programme please contact:

Liz MacKenzie, Programme Lead:

T: 01223 508805 E: elizabeth@dhiverse.org.uk