

# Easy Read



Kernow Clinical Commissioning Group



## Your way to friendships and relationships →

Your guide to healthy friendships and

relationships in Cornwall and the Isles of Scilly

# Contents

Page

What do we mean by  
friendships and relationships?

4



Why is it important to have healthy  
friendships and relationships?

8



How to have healthy  
friendships and relationships

10



Staying safe

20



Getting about

22



Help you can get to have healthy  
friendships and relationships

24



More information

26



# What do we mean by friendships and relationships?

In our lives we meet lots of different people. These people may be important to us for different reasons.



**Professional**

We meet some people who are important in our lives but we don't have a friendship or relationship with them. Such as a police officer, people working in shops or people paid to support you.



**Family**



**Friends**

Some relationships are special or closer, like with friends and family members.





Healthy friendships  
and relationships are  
with people you like  
and want to spend  
time with

### Intimate

Some relationships can be very personal or intimate like with your boyfriend or girlfriend.



# Why is it important to have healthy friendships and relationships?



Other people can help you to feel good about yourself.



They can be someone you like talking to. Someone you can trust.



They can make you laugh.



They can help you out.



You can share and do things together.



They will look out for you and be there for you.

Share your feelings with the other person. Good friends will listen to you and support you

# How to have healthy friendships and relationships



You need to meet people.



It can be hard to meet people if you stay at home and do nothing!



Get out in your local community.



Take up a team sport.



Get a job or volunteer.



Go to college or join a course.



Join a club or group of people who like the same things as you.



Get involved with your church or belief group.



There are dating agencies for people with learning disabilities in some parts of the country.

## Making friends



Invite someone to do something with you. Choose something you both like.



Plan fun activities like going to the cinema, having a picnic, going shopping, or for a walk.



Think about what you might talk about before you meet. Ask them to tell you about themselves.



Think about how the other person might feel. Treat them how you would like to be treated.

**It takes time to build up a friendship or relationship**

## Dating



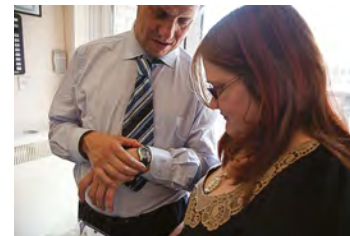
Get to know a bit about the person before you go out with them for the first time.



You could take a friend with you on your first few dates.



Talk to your date about what you're happy to do and what you're not happy to do together.



Tell your date what time you need to be back.



Tell at least one responsible person where you are going, who you will be with, and how to reach you.

## Love



Being in love can feel like the best thing in the world.



Breaking up can feel like the worst. If you break up with someone, remember you will get through it.



If you need help with your feelings it's ok to talk to your friends or family.



As your relationship develops, you may choose to or not to get married or have a civil partnership.



You may choose to try to start a family.

## Sex

16 yrs+



When you turn 16, the law says you can have sex with someone else over 16, if you both want to.



If you need more information about sexual health call:



Sexual Health Service

**01872 255044**



or go to this website

**[www.cornwallshac.org.uk](http://www.cornwallshac.org.uk)**



## In a good friendship or relationship



You listen to, respect and trust each other.



You help each other.



You do things together.



They make you feel good and you make them feel good.



You still have freedom to do your own things and have your own interests.



You are able to disagree with each other and talk about it when you've had an argument.



You only do things when you're both ready and you both feel safe.



If either of you want to end the relationship then that is OK.

If you listen and talk to each other, you can find out what you both like

## In a bad friendship or relationship



They hurt you, or you hurt them.



They make you do something that you don't want to do, or you make them do something they don't want to.



They make you feel bad, or you make them feel bad.



They get angry when you talk to someone else, or you get angry when they talk to someone else.

Remember it's OK  
to say "NO"



They threaten to hurt you, your friends, family or pets, or damage something that belongs to you.



They post horrible or private things about you on the internet.

## Mate crime



Even if you think someone is your friend they can do bad things to you.



You should tell someone you trust about it.



If it's an emergency call the police on:

**999**

# Staying safe

## Out and about



Let someone know where you're going.



Take your mobile phone and make sure it has credit on it. Make sure the battery is charged.



If you don't feel safe, go to a place where you do feel safe. Look for the Safe Places sign.



Choose busy areas - not lonely places.



If you are in danger, shout or use a personal alarm to let people know.

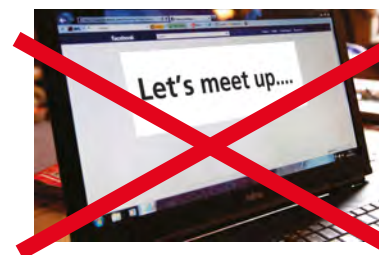
## On the internet



The internet can be a good way to keep in touch with friends. Use privacy settings so that only your friends can see information about you.



Keep your personal details private, such as your home address, phone number or bank details.



Never meet up alone with a person you've only met online. They may not be who they say they are.

# Getting about

## Trains



If you use the train, you may be able to buy a Disabled Persons Railcard.

This card lets you get cheaper tickets for you and one other person.

For more information call:

Disabled Persons Railcard Office

**0345 605 0525**

or go to this website:

[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)



## Buses



You can get a bus pass to use the buses for free.

For more information call:

Cornwall Countywide Concessionary Travel

**0300 1234 222**



## Volunteer Cornwall



If you need to get about by car, Volunteer Cornwall may be able to help. To find out more call:

Volunteer Cornwall Transport Office

**01872 265300**



# Help you can get to have healthy friendships and relationships



The Health Promotion Service provides information about health.



They run groups to help you to make friends and have healthy relationships.

For more information or to see what they have in your area call:



Cornwall and Isles of Scilly Health Promotion Service  
**01209 313419**



There is a Health Promotion Liaison for Learning Disabilities.



They can be a link between you and services that can help you to have a healthy lifestyle. For more information call:



Health Promotion Liaison for Learning Disabilities  
**01209 313419**



For information about specialist services call:



East Specialist Adult Learning Disability Service  
**01208 384455**



West Specialist Adult Learning Disability Service  
**01209 219251**

# More Information



You can get information about what's happening around Cornwall and Isles of Scilly.



What's On LD sends out emails about things going on for people with learning disabilities:

[whatson.ld@cornwall.nhs.uk](mailto:whatson.ld@cornwall.nhs.uk)



Cornwall Community Directory  
(Click on What's on)  
[www.communitydirectory.cornwall.gov.uk](http://www.communitydirectory.cornwall.gov.uk)



Cornwall People First  
West - 01736 334857  
East - 01579 324156



[www.cornwallpeoplefirst.com](http://www.cornwallpeoplefirst.com)



Cornwall Sports Partnership  
[www.cornwallsportspartnership.co.uk](http://www.cornwallsportspartnership.co.uk)



Get Active Cornwall  
[www.getactivecornwall.co.uk](http://www.getactivecornwall.co.uk)



For information or support around domestic violence call:  
Police Domestic Violence Unit  
**101**



For more information about staying safe on the internet:  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



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To get more copies of this  
booklet or this information  
in a different format, call:



Cornwall and Isles of Scilly  
Health Promotion Service

**01209 313218**