



PRESS RELEASE

UK CIC set to change the landscape for people with autism and learning disabilities

Brighter Future Foundation, a UK CIC launches ***Boredom, Brain & Connection (BBC)*** online activity boxes for people, families and friends living with Autism and learning disabilities.

Brighter Future Foundation, a social and life skills club for people with autism and learning disabilities has partnered with **Mind, the mental health charity** and the **Department for Works and Pensions (DWP)**.

Kemi Madumere, Co-Founder, Brighter Future Foundation said:

“We are absolutely thrilled to launch our Boredom, Brain and Connection (BBC) online activity boxes specifically for those of us living with autism and learning disabilities. In addition, combating the impact of the Covid-19 pandemic/ lockdown resulting in increased mental health issues rising from isolation/ loneliness/ anxiety. A huge thank you to our new partners; **Mind, the mental health charity** and the **Department for Work and Pensions (DWP)**. Mind is sponsoring our *BBC activity boxes* while the DWP sponsoring our *soft skills customer service & work experience course* over the next 4 and 6 months respectively. Both organisations are providing full funding to cover a number of free spots.

Autism and learning disabilities have long been misrepresented with existing services treating people either for their autism or for their mental health problems, while failing to recognise the complex dynamic between the two. Autism affects how a person communicates and relates to other people and how they experience the world. Autistic people may misread social cues or body language which, affects their ability to communicate and participate in everyday life leaving them feeling isolated and insecure. Many people with learning disabilities are prone to other illnesses e.g., mental health issues, epilepsy.

With few mental health services providing specialist support for people with autism and learning disabilities whom often get forgotten or misdiagnosed; it's our mission to show a *Brighter Future* and ensure all our learners and members feel included, part of the conversation while being seen, heard and understood. It's our belief that we are all unique therefore our differences should be respected and included in the wonderful tapestry of life.

Our *BBC activity boxes* have been developed for our members to experience real life social and work skills to build their confidence and enable them to take more control of their own life and be more independent to function in society. These boxes are delivered and are run as a series of weekly tailored online engagement and interaction activities themes to combat and address issues around boredom, the brain and connection as follows:

- **Brighter Future Self** Sundays - Self-care and personal development series
- **Brighter Future Us** Wednesdays – Tea and Chat - Group therapy discussions
- **Brighter Future Social** Fridays – games nights, disco, movie nights
- **Brighter Future Work** - soft skills courses & training with real work experience

To register for your free spot, go to: <http://brighterfuturesproject.co.uk/registration/>

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