

## We have brought information cards for our members



### What is the Sunflower lanyard scheme?

Not all disabilities are visible – such as learning difficulties, mental health as well as mobility, speech, visual or hearing impairments. Living with a hidden disability can make daily life more demanding and it can be difficult for others to recognise the challenges you face.

Be visible when you want to be by wearing the lanyard or carrying the card discreetly indicates to people around you that you may need additional support.

### SNAP PCF Members Offer

Previously we had purchased the Sunflower Lanyards for our members to use in their local community. Since the COVID-19 crisis the government updated their advice for families taking exercise.

*"15. Can I exercise more than once a day if I need to due to a significant health condition? You can leave your home for medical need. If you (or a person in your care) have a specific health condition that requires you to leave the home to maintain your health - including if that involves travel beyond your local area - then you can do so. This could, for example, include where individuals with learning disabilities or autism require specific exercise in an open space two or three times each day - ideally in line with a care plan agreed with a medical professional. Even in such cases, in order to reduce the spread of infection and protect those exercising, travel outside of the home should be limited, as close to your local area as possible, and you should remain at least 2 metres apart from anyone who is not a member of your household or a carer at all times.*

*we wanted to find a way to support families who were worried if they were challenged whist taking extra exercise with their child "*

Parents have contacted SNAP PCF to say they are worried if they take any additional exercise they may be challenged for doing so. The Sunflower Lanyard Scheme has produced a card you can either attach to the lanyard or keep in your pocket whilst out of your home.

***The cards will be given to our members, If you would like a card and or a lanyard please email [admin@snappcf.org.uk](mailto:admin@snappcf.org.uk) and we will pop one in the post.***

