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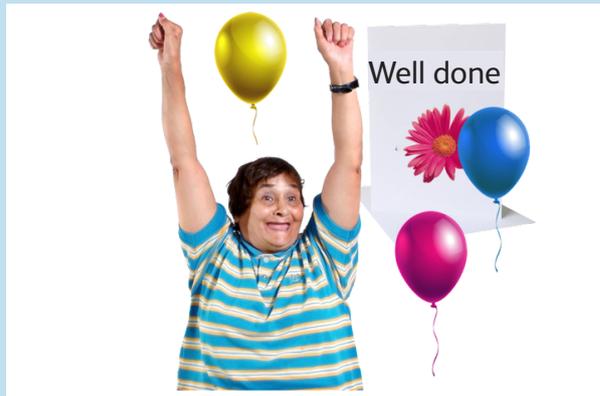


How to enter The Learning Disability and Autism Leaders' List 2019

easy read



How to enter the Learning Disability and Autism Leaders' List 2019



The Learning Disability and Autism Leaders' List is a way of celebrating the great things that people with learning disabilities and/or autism have done.



You can send us your story from now until 6pm on 26th July.



Anybody with a learning disability and/or autism can enter the Leaders' List 2019.

Anybody can nominate somebody who has a learning disability and/or autism.



If you have any questions or concerns please email us at DimensionsCampaigns@dimensions-uk.org



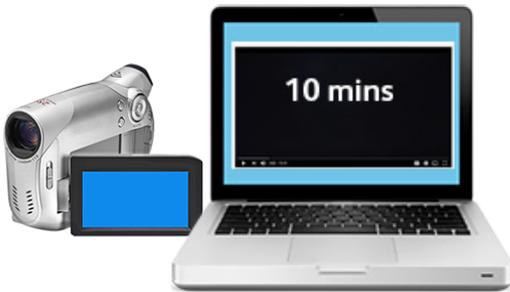
How can I share my story?



You can print out and complete the Easy Read form. OR



You can complete the online form. OR



You can submit a video entry that is less than 10 minutes long.



Please try to keep your answers short and easy to understand.



This is because most of our judges have a learning disability and/or autism.



What will I be asked?



First, we will need to know some personal details. We will ask you:



1. What is your full name?



2. How old are you?



3. What is the postcode of your home address?



4. Please tell us about any organisations you work with or are supported by.



5. Please tell us about your learning disability, autism or any other disabilities relevant to your story.



6. Please tell us the name of the person we can contact about your story (if this is you, you can leave this blank).



7. Please tell us the email address we can use to get in touch.



8. Please tell us the phone number we can use to get in touch.



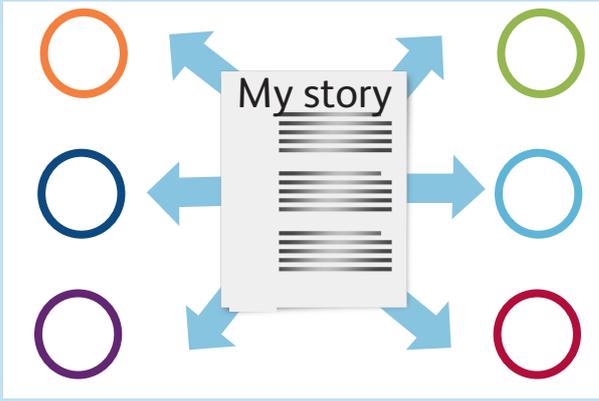
We will only use this information to help with your entry and to contact you. We will not share this information with anybody else without asking you first.



Second, we will ask you to choose a **category** for your story.



A **category** is how we put stories that are similar together.



There are 6 different **categories** that your story could go in.



One **category** is Community.

This is for people who are making a difference or getting involved in their local community.



One **category** is sports, arts, entertainment.

This is for people who are doing creative and sporty things.



One **category** is work and education.

This is for people who are in paid work or learning new things.



One **category** is policy and the media.

This is for people who are trying to make their communities or the country a better place with more people included and everyone respected.



One **category** is for people with profound and multiple learning disabilities.

This is for people who have profound or multiple learning disabilities.



One **category** is for groups.

This is for groups and teams who are working together in any of the other five **categories**.



If you're not sure what category to select don't worry, we will make sure your story is in the best category for you.



Third, we will ask you to answer 5 questions in your video entry or your written entry.



1. Please tell us why you are entering the Learning Disability and Autism Leaders' List.



2. Please tell us why these achievements are important to you.



3. Please tell us what challenges you have faced and what you have learned.



4. Please tell us what other people have said about the great things you have done.



5. Please tell us anything else you would like us to know.



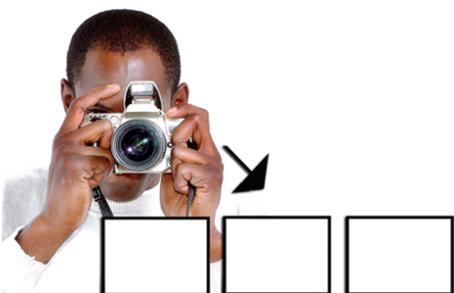
Finally, we will ask you to upload some photographs.



These are the photographs we might use if you are chosen as one of our Leaders so please choose some really nice photos of you.



We won't use them for anything without asking you first.



You can upload up to 3 photos.



How to submit a written entry



You can submit your entry using our online form or sending us the completed printed form.



If you are submitting a written entry using our online form, you can write your story in the boxes on the online form.



If you have downloaded the easy read form you can upload a scanned copy to the online form.

Or you can email a scanned copy to DimensionsCampaigns@dimensions-uk.org



Or you can post a completed copy to:
Dimensions Marketing team
Churchill House
6 Meetinghouse Lane
Sheffield
S1 2DP



How to submit a video entry



To submit a video entry you must first upload it online first.

You Tube

vimeo

Dropbox

You can do this using YouTube, Vimeo or Dropbox.



If you don't want anybody else to see your video, upload it as "unlisted" or password protect it.



You can share the link to your video using the online form.



Proving life can get better

Dimensions provides evidence-based outcomes-focused support for people with learning disabilities, autism and complex needs. We help people to be actively engaged in their communities.



Find out more about Learning Disability and Autism Leaders' List and enter

Website: www.dimensions-uk.org/leaderslist2019

Phone: 0300 303 9001

Email: DimensionsCampaigns@dimensions-uk.org

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Dimensions

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