



In partnership with...



I want to enter The Learning Disability and Autism Leaders' List 2019

easy read



How to complete this form to enter the Leaders' List

7-17



Please print out pages 7-17 of this form and complete it by hand.



There is some information about what we will ask you on pages 3–6.



At the end of the form there are instructions on how to send your answers to us.



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



Section 1: About you

About me



We will ask you for some personal details.



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.



There will be 8 questions.



Please try to answer all of the questions.



Section 2: Choose a category



Next, 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.



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.



Section 3: Tell your story



Next, we will ask you 5 questions.



These questions will help you tell us about what you have done.



If you are chosen as a winner, we will tell people about you and your story.



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.



Section 1: About you



Please try to answer all of these questions.



Please write your answers in the boxes where you see this picture

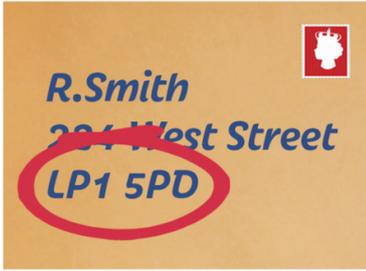


What is your full name?



How old are you?





What is the postcode of your home address?



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





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



Please tell us the name of the person we can contact about your story.



(If this is you, you can leave this blank.)





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

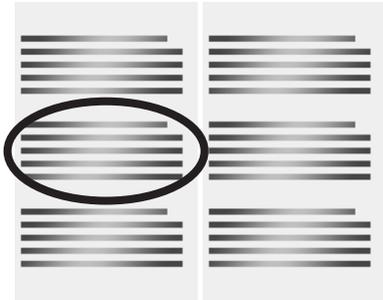


Please tell us the phone number we can use to get in touch.





Section 2: Choose a category



Please circle the category you would like to choose for your story.

Local communities

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

Advocacy, policy and the media

This is for people who are involved in national changes and influencing people who can make big changes.

Work and education

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

Sports, arts and entertainment

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

Groups and teams

This is for groups and teams who are working together to achieve things.

Profound and multiple disabilities

This is for people who have profound and multiple learning disabilities and are achieving things.



Section 3: Tell your story



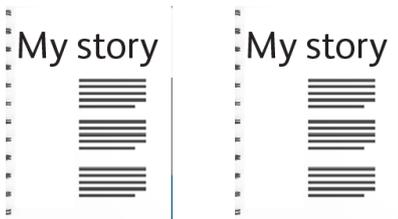
Please try to answer all of these questions.



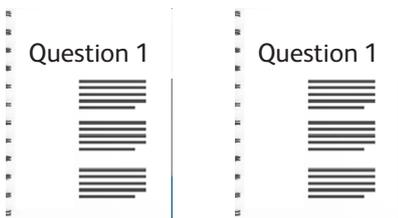
Please try to keep your answers short and easy to understand.



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If you need more space you can use extra paper.



Please tell us which question you are answering on any extra sheets of paper.



Question 1

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





Question 2

Please tell us why these achievements are important to you.





Question 3

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





Question 4

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





Question 5

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





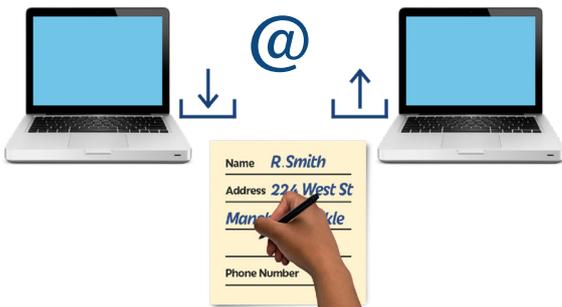
How to send us your entry



There are 3 ways you can send us your entry.



1. You can scan it onto a computer and upload it to our online form.



2. You can scan it onto a computer and email it to DimensionsCampaigns@dimensions-uk.org



3. You can post your completed form to:
Dimensions Marketing team
Churchill House
6 Meetinghouse Lane
Sheffield
S1 2DP



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

Twitter: @DimensionsUK

Facebook: DimensionsUK

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