



Life with a learning disability

Information Sheet



We are Opening Doors, a charity run by and for people with learning disabilities.



We want to find out what life is like for people with learning disabilities in Norfolk and use this to make life better for them.



This project is funded by The National Lottery Community Fund.



Why am I being asked to take part?

You are 18 or over, you have a learning disability and you live in Norfolk.

Consent

Yes

No



Do I have to take part?

No taking part is your choice.

You can say yes or no or stop at any time.
You do not have to answer every question.



Nothing bad will happen if you do not take part and it will not affect any support you get.



What will I be asked to do?

Fill in a survey that asks questions about your life. It will take 30 to 45 minutes to do.



You can take a break and come back later if you want to.



Someone can help you if you want.
The answers should be your views as much as they can be.



You should not feel pressured to answer questions and the person helping you should listen to you.



Will someone know my answers?

No the survey is **anonymous**.
This means we do not ask your name.



No one will know which answers are yours.
Your answers will not get you into trouble.



What will you do with my answers?

We will put all the answers together and look for **themes** (where people say the same things).



We will write an Easy Read report.

It will be coproduced with people with learning disabilities.



We will not write your name or share your answers with people who support you.



We will keep your information safe and secure for 5 years.

After that we will delete the survey information safely and securely.



Are there any risks to taking part?

Some questions could make you feel sad. You can skip any question or stop any time.



What are the benefits to taking part?

You can have your say and your answer may help improve services and help other people with learning disabilities.



Can I change my mind?

Yes you can stop before you hand in the survey but as it is anonymous we cannot take your answer out after you send it in.



Support if you feel upset

You have a **Support sheet** which has places you can call and how to contact Opening Doors.



Asking questions or making a complaint

If you want more information or to make a complaint contact Opening Doors. We will do our best to help.

Opening Doors

☎ 01603 631433

💻 admin@openingdoors.org.uk

📄 38a Bull Close, Norwich, NR3 1SX

Charity number: 1214591

Ask for **Jo Brown**, Senior Adviser or **Cathy Huston**, Trustee.

We will listen and will try to put things right or to help.