**Are you a parent who has learning disabilities?**

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**Would you like to help with a research project about ways to support parents like you?**

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| **What is the project about?** |
|  | The purpose of our project is to find out about the places and people that parents with learning disabilities rely on.  |
|  | The project is being run by York People First and researchers from the University of York.  |
| **How can I help?** |
|  | We would like to talk to you about your experiences as a parent, and the people and places that are important to you as a parent. |
|  | These conversations will happen online or over the phone. |
| **Who can take part?** |
|  | To take part in the project you should be a parent with learning disabilities. |
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|  | You should be over the age of 18. |
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|  | You should have at least one child.  |
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|  | If you do not live with your child you should see them regularly. |
|  | You should live in York, Kirklees or Calderdale. |
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| **What else do I need to know?** |
|  | If you take part in the project we will give you a £20 voucher to thank you for your help. We will also pay for any expenses. |
|  | For more information please call or text 07385422588 or send an email to assetsforparents-project@york.ac.uk |