

Kent and Medway NHS and Social Care Partnership Trust

## INFORMATION SHEET FOR PARTICIPANTS



### Title of the project:

Let me tell you about my Ability

### Who is running the project?

Dr Aggie Moreno-Lopez (Senior Clinical Psychologist)

Georgia Roach (Assistant Psychologist)

Rose Dunstan (Trainee psychologist)

### About the project



Art and creative writing have been shown to be good for your wellbeing.

We are collecting poems, creative writing and art work about living with a learning disability (LD).



We will make a booklet of these pieces of work to share in the community.

This is so that we can help other people understand what is like to have a learning disability.

### What we invite you to do



You can create a poem, piece of creative writing or art work about what it is like to have a learning disability.

To help, you can think about these questions:



- How does having a learning disability affect your life?



- Any experiences that you might like to share



- What would you like other people to know about what is like having a learning disability?



- What strengths have you got that you are proud of?



You can choose to send your poem to us so that we can publish it.

## What we will do



After we have been seen your work we will publish it.



We will make booklets with your writing in and send this to GP surgeries, libraries and other public areas in West Kent They will put it on their websites.



It will be seen by lots of different people in the community.



You can choose if you want to add your name with your piece or not.



Thank you for reading this and if you would like to ask any questions please send us an email at [kmpt.mhld.communitypsychologyproject@nhs.net](mailto:kmpt.mhld.communitypsychologyproject@nhs.net).

Warm regards,

Aggie, Georgia & Rose