

# How have health and care services been for you?



**Do you have a learning disability?**



**Or are you a man from a minority ethnic community?**



**Do you see a lot of health and care people like doctors, nurses and support workers?**



**Do you want to be heard?**



**We are looking for people to record their health and care journey.**



**The recording is using video or voice recording.**



**If you want you can take part without sharing who you are.**



**We will record once a month for a total of 6 months.**



A £100 voucher is given to you at the end of filming. This is to thank you for your time.



We can get an interpreter if you do not speak English or need a British Sign Language interpreter.



Call 0113 898 0035 if you would like to take part.



Or fill out our online form  
<https://uk.surveymonkey.com/r/HDIFFM>