



## The Involvement Matters Team

Have your say and help us to make services better



The Involvement Matters Team (IMT) are a group of self-advocates with a learning disability who work together to make services better.



The IMT want to improve the lives of people with a learning disability and promote their rights and choices.



The IMT do this by telling others what people with a learning disability think and feel about ideas and changes.



The IMT do important work in East Sussex and nationally with charities and the Government.



IMT want more **Experts by Experience** from different backgrounds to join them. This is part of our equality and inclusion plan. You can hear more about this work in our video [youtube.com/watch?v=cuvlg\\_0AZmQ](https://www.youtube.com/watch?v=cuvlg_0AZmQ)



## The Involvement Matters Team

Let IMT tell you why you should think about joining



“I am happy that I am the Co-Chair of the East Sussex Learning Disability Partnership Board, and that I have been here for a long time. There are good friends in the group. We support each other and we have a laugh.” **Sonia**



“I enjoy getting my point across and hearing other people's point of view.” **Daniel**



“My voice, my power. More voices, more power.” **Dominic**



“My time with IMT has been great. My best thing was doing the videos and I loved training the trainers.” **Mikey**



If you like having your say and making services better, we want to talk to you about joining the group.



To ask questions about the group and to find out how to join you can call or email

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