

I'm In campaign



What is the I'm In campaign?

The I'm In campaign tells people about the learning disability register .



The learning disability register is a list of people who have a learning disability.



The learning disability register helps people with a learning disability get better help with their health.



It helps people with a learning disability get a free health check every year.



We want people with a learning disability to join the learning disability register and say “I'm In.”



Why is the I'm In campaign important?

The I'm In campaign is important because people with a learning disability are about 20 years younger than people without a learning disability when they die.



And about 2 out of 5 people with a learning disability would not have died if they had the right help with their health.



How do I join the learning disability register?

You can join the learning disability register at your GP surgery.



Our easy read page

<https://www.mencap.org.uk/easyread/join-the-learning-disability-register> tells you more about how to join the learning disability register.



How can I take part in the I'm In campaign?

- join the learning disability register



You can [use our website to make an easy read letter to take to your GP surgery to tell them you want to join the learning disability register.](#)



- [sign up to the I'm In campaign](#)



If you are part of a group that wants to sign up to the campaign, we have a [form for groups to sign up to the I'm In campaign.](#)

When you sign up to the I'm In campaign, we will send you a free badge.



- tell people about the I'm In campaign on social media



Help us to tell everyone about the learning disability register and why it is important. You can make your own post or share one of ours.



- tell your friends about the I'm In campaign



Talk to your friends, family and people at groups you go to about the learning disability register and why it is important.

- wear your I'm In badge to help you let other people know about the learning disability register.



We are using money from OmazeUK to get more people on the learning disability register so they can get better help with their health and have a health check. Thank you OmazeUK.