



LARA

**Learning disability and Autism
Research Access (LARA) Group**

Group Summary



**An easy-read guide to the
LARA group**



**UNIVERSITY
OF LEEDS**

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About us



We are the Learning disability and Autism Research Access (LARA) Group.



We are a national group that works together to improve inclusion of people with learning disabilities and autistic people in health and social care research.

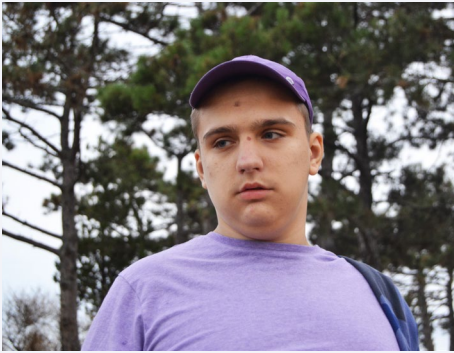


This document explains more about the LARA group.



You can also find out more about the LARA group on our [webpage](#).

Words we use



We use 'people with learning disabilities' and 'autistic people' in this document.



Our group prefers these words overall.



Some people prefer to use different words about learning disabilities and autism.



It is up to each person how they want to describe themselves.

Background to our group



People with learning disabilities and autistic people are often unfairly left out of research.



This means research may lead to changes in health and care services that do not help people with learning disabilities and autistic people.



There are good examples of research that has included people with learning disabilities and autistic people.



However, these examples and guidance are in lots of different places.



This means researchers may not know about them.



Different teams across the country may be working on the same challenges without learning from each other.



It can also be hard for research teams to follow guidance.



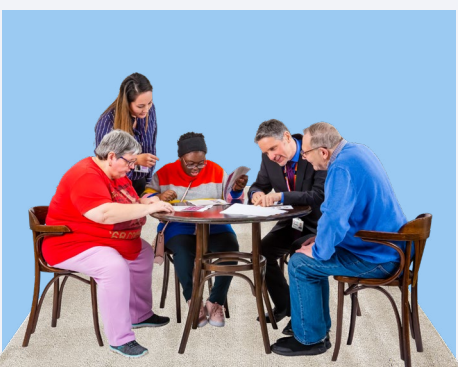
This is often due to problems like not having enough training.



To help address these issues, we set up the LARA group.

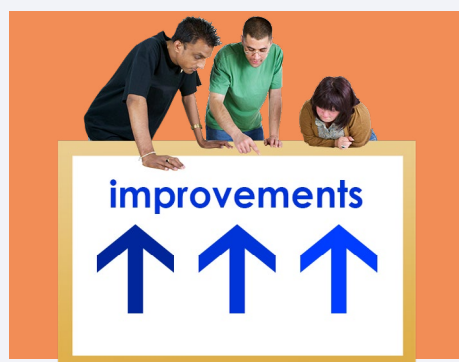


Our group brings together people with lots of different experiences.

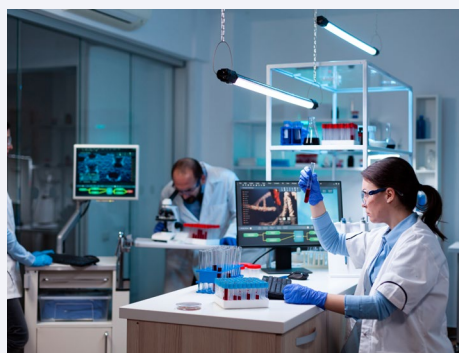


This allows us to work together and learn from each other.

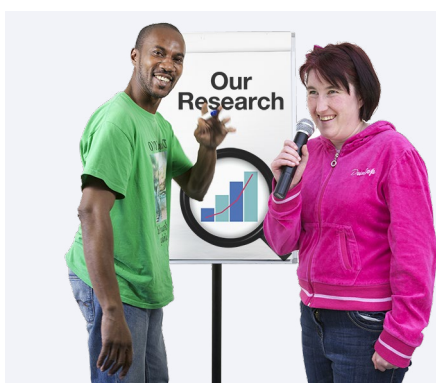
Our aims



Our overall aim is to improve inclusion of people with learning disabilities and autistic people in health and social care research.



This includes all health and social care research.



It is not just about learning disabilities and autism research.



Our four aims are:



To promote inclusion of people with learning disabilities and autistic people as research participants.



For example, by sharing studies that have included people with learning disabilities and autistic people.



To remove access barriers that stop people with learning disabilities and autistic people taking part in research studies.



For example, by sharing guidance on how to make information more accessible. This could be through using plain English and Easy Read.



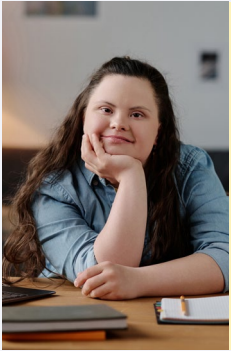
To increase awareness of what people with learning disabilities and autistic people can do as researchers themselves.



For example, by sharing examples of how people have led and been involved in research.



To support people with and without lived experience of learning disabilities and autism to work together and co-produce research.



For example, by developing top tips on working with people with learning disabilities and autistic people as research team members.

What we do



To help achieve our aims, we hold online meetings every four months.



We also carry out other activities, such as sharing information on this webpage.



All our work focuses on:



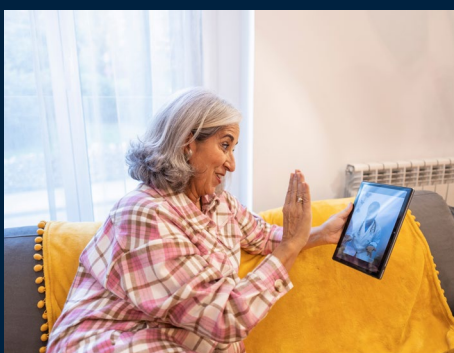
Learning new things.



Coming up with ideas.



Sharing good ways of doing things.



Sharing helpful training



Building connections between different people and groups.

Who we are

Research Project



The LARA group is committed to improving inclusion of people with learning disabilities and autistic people in research.

Learning Disability
Autism



Our members bring lots of different experiences of learning disabilities and autism.



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Our group is hosted by the University of Leeds.

2026

February

As of February 2026, our team includes:



**LARA Group Lead: Anna Anderson,
University of Leeds**



**Membership and Engagement Lead:
Amy M Russell, University of Leeds**



Meeting Co-Lead: Janis



**Accessible Information Lead: Max Clark,
Thinklusive**



**Communications and Editorial Lead: Amrit
Chauhan, University of Leeds**

Thinklusive



**Thinklusive develop our key Easy
Read documents and other
accessible information.**

How to join



Our group is open to everyone.



If you would like to join, please:



Read the privacy notice and group rules on our LARA group [webpage](#).



Signature



Fill in the LARA group **sign-up form** or
email Anna Anderson via
A.Anderson@leeds.ac.uk.

The information in this booklet was adapted from an original written by the Learning disability and Autism Research Access (LARA) group and Thinklusive Advisory group.

This easy-read version has been created with the help of the people below who use easy-read materials themselves.



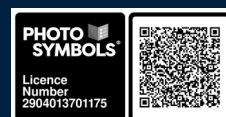
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