

Do you know somebody living with an invisible disability?

Over 90% of people who relate to having a disability don't have any visible symptoms, which often leads to misunderstanding, judgement and isolation. These could be conditions such as anxiety, autism, OCD and ME.

Root Experience is making a free, illustrative book to shine a light on how people live with the many different conditions that are unseen, to help increase awareness and empathy in our communities.

If you know someone who suffers with an invisible disability (a friend, family member or colleague) and would like to help shape this exciting new book, then please come along to the focus group where we will be looking at the first draft and sharing our experiences:

Tuesday 5 February 2019, 5pm – 7pm
Reading Central Library
Abbey Square, Kings Road, RG1 3BQ

“Funded by [ITV's The People's Projects](#) we aim to give a voice to the invisible”

For more information, or to attend the session please email: rachel@rootexperience.org or go to: www.rootexperience.org/hidden-project/

