

Get Ahead newsletter - issue 1

Text only

Welcome to the first issue of the Disability Rights UK (DR UK) monthly newsletter. We are disabled people leading change, and the voice of young disabled people has to be central to that change.

We want to keep you informed with news and information on your journey through education, training and work.

Students

The impact of COVID-19 has been challenging for disabled students. They have experienced barriers to their study including no access to services, IT and software issues, lack of coursework materials and inadequate support

Over a quarter (27%) of university students were unable to access online learning during the Covid-19 lockdown, according to NUS research reported in The Guardian which suggests that disabled students and those from poorer backgrounds were worst affected. Read more on our website

For some students studying from home had a more positive outcome as they did not have to undertake stressful journeys to and from college or university.

Here are some online resources and information to help you through this challenging time:

- Some common queries DR UK received concerning disabled students
- If you cannot find the answer to your question among these FAQs then why not call our Disabled Students Helpline.
- Find more information on disabled student support on the UCAS website
- Save the Student guide and advice

You can apply for [Disabled Students' Allowances](#) (DSAs) to cover some of the extra study cost you have as a disabled student in higher education.

COVID-19 information

The outbreak of Coronavirus (COVID-19) is changing the way we live and do things. Here are some links to information and support you may find useful:

- COVID-19 updates for BSL users
- Easy Read COVID-19 updates
- Looking after your feelings and body easy read guide
- <https://www.autistica.org.uk/what-is-autism/coronavirus>
- support options for autistic people from the National Autistic Society
- Read Coronavirus experiences from autistic people

- Information and resources for disabled people from Sense
- Disability Rights UK Coronavirus information page

“MY DISABLED WORLD”

2020 POETRY COMPETITION: OPEN TO ALL

Why not enter the 2020 Poetry Awards competition “MY DISABLED WORLD?”. It costs nothing to participate and the 10 most ‘liked’ entries will be collated into an ‘online book’ that we will publish (www.disabilitytalk.co.uk) in December later this year.

The contest will run from 1st September through to 31st October 2020 and we will be continuously featuring some of your poems on site.

<https://disabilitytalk.co.uk/2020/08/13/my-disabled-world-our-2020-poetry-competition-open-to-all/>

Upcoming free webinars - online meetings

- **September 14th at 12.30pm**

Join us for a lunchtime walkthrough webinar with Jane Hatton from Evenbreak and explore the best ways to find a job.

To sign up for the lunchtime walkthrough click [here](#)

- **September 23rd at 2pm**

Supporting Individuals: What support is available for individuals seeking employment?”

Aim: To make individuals aware of:

- Support Available – Access to Work

- What employers are doing – workplace guides, adjustments
- Skills development and opportunities
- Disclosing to employers
- The changing workplace
- Resources available
- Hear from people who have overcome barriers/ success stories, opportunities which are available

To sign up for this webinar click [here](#)

- **September 30th at 2pm**

Job Roles and Skills: Finding out more about different areas and the skills required

Target Audience: Those seeking employment, and those wanting to find out more about these areas of employment

Aim: To make individuals aware of:

- The range of different job roles available
- How to find out more about opportunities in your area
- Skills across job roles
- Focus – jobs in logistics
- Focus – jobs in retail
- Support from employers and environmental changes
- How will COVID-19 affect job roles?
- Resources available to support you

To sign up for this webinar click [here](#)

- **October 15th at 4pm**

Unique You

There's only one of you and that makes you pretty special! In this webinar, Katherine Jennick from 'What's your Strength' will be talking about the importance of getting to know yourself better so you can celebrate your uniqueness. The activities will help you to think about what's important to you, the way you like to learn, and help you recognise your skills and qualities.

To sign up for this webinar click [here](#)

Share your talent

- We are looking for budding young journalists to write articles or share their ideas and experiences in our Get Ahead quarterly magazine
- We are looking for artist and photographers

Send us your work and get a **£10 Amazon e-voucher** if it gets published in the Get Ahead magazine!

Disability Rights UK online resources

<https://www.disabilityrightsuk.org/>

The Right to Participate is an animated introduction to the Equality Act and has videos of campaigns, information and template complaint letters to protect disabled people from discrimination in everyday situations.

Get Yourself Active: Find ways to get active in your local area in a way that is right for you.

Factsheets:

Careers and Work factsheets

Education factsheets and Guides

DR UK student helpline

Need help? Call our Disabled Students Helpline

Telephone: 0330 995 0414

Opening hours: 11am-1pm on Tuesdays and Thursdays.

Email: students@disabilityrightsuk.org

Contact us

Email: Get-ahead@disabilityrightsuk.org

Twitter: @GetAheadDRUK

Instagram: @GetAheadDRUK

Webpage: [Get Ahead webpage](#)

Website: <https://www.disabilityrightsuk.org/>

We like to hear from you. Give us your feedback on the new Get Ahead newsletter and email:

Get-ahead@disabilityrightsuk.org