



The Disability Rights UK newsletter co-edited with and for young people

Stay informed with news and information on your journey through education, training and work



What is the Kickstart scheme?

The Kickstart Scheme is a 6-month paid job with a local employer, funded by the Government. It provides a fully funded opportunity for you to get experience of working in one of the UK's most exciting companies.

The Kickstart Scheme was announced by the Chancellor in the Summer and expects to offer hundreds of thousands of job opportunities over the next few years.

Jobs from the Kickstart Scheme will be open to people 16-24 years old, who are claiming Universal Credit, and are at risk of long-term unemployment. The first jobs should be available from November.

As employers sign up for the new Kickstart Scheme, we're sharing a video from Molinare TV and Film. Watch the [video](#) to find out how they are helping young people get a foothold in the creative sector through Kickstart.

If you have a work coach, they will talk to you about the Kickstart Scheme and whether it's right for you. If you don't have a work coach, [find out more about your career options.](#)

T Levels are robust qualifications that combine classroom learning with a substantial industry placement so that graduates emerge with the knowledge and practical skills that businesses need plus real experience of being in the workplace. They are based on the world's best technical education systems to address the skills gap and build a workforce fit for whatever the future brings. With 1 T Level being equivalent to 3 A Levels, T Level graduates will have opportunities to move straight into work, to further study or an apprenticeship



Find out more about T Levels at www.tlevels.gov.uk

<https://www.tlevels.gov.uk/students>, #TLevels #TechEd. @TLevelsgovuk

Aged 14-24?

Find out about study and work and support on offer at the national Youth Offer

<https://www.youthemployment.org.uk/national-youth-offer/>



Spina Bifida awareness month with Doaa - disability activist and YouTuber

Hey, my name is Doaa and I have a condition called spina bifida which makes me a full-time wheelchair user

I have done things from wheelchair racing, to having my own self-employed beauty business & now also a disability activist.

I use my platform and my YouTube channel to talk about my lifestyle to raise disability awareness. Being a woman in a wheelchair, I see how much the world needs to learn that disability doesn't need to be labelled negatively.

My YouTube channel is full of videos to help anyone who needs to learn to accept their life and help them cope mentally & physically living life in a wheelchair as well as let the world see that I don't let my wheelchair stop me from achieving & living life.

YouTube: https://m.youtube.com/channel/UCJ88CIfvu0InDN221MGe_3w/videos

Instagram: <https://www.instagram.com/doaa.shayea/>

Mental Health



October 4 to October 10 was mental health week. This year's theme was 'mental health for all' working to break the stigma around conversations of mental health and wellbeing.

It is reported that 10% of young people have a mental health problem, suggesting a need for more resources and a need for conversation surrounding mental wellbeing for young people. It is also a difficult time with COVID and the return to school, making it necessary to check on wellbeing and ensure that everyone has a support system.

Here at Get Ahead, we support the conversation surrounding mental health and are working to ensure that this conversation continues.”

Read personal stories about **Mental Health Day**

- **COVID Resources**
 - **General Resources**
-

Young Disabled Minds Matter too

Find out ways Young Minds UK can help you today

Roxanne Steel

We at Get Ahead wanted to Spotlight the amazing services available for young people at Young Minds UK.

YMU are leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

The services they provide include:

- Crisis Messenger Services- A text service available to young people 247 **<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>**

Crisis Messenger service can help with urgent issues. You can text them free and anonymously – although if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

- Finding Additional Help and Resources, including Autism, Mental Health factsheet and more **<https://youngminds.org.uk/find-help/>**
- YMUK Blog- Young People share their stories, because knowing you are not alone makes a big difference: **<https://youngminds.org.uk/find-help/>**

If you are struggling with Mental Health or would like to understand more about it Young Minds UK is a great accessible resources out there for to use.

We at Get Ahead want to remind you that Young Disabled Minds Matter too. Please Speak up, there are people and services out there wanting to help you.

Kent

The **Specialist Employment Service** (incorporating Kent Supported Employment) part of The Education People support over 300 people with disabilities into work across Kent every year. They do this by using the Supported Employment model, ensuring the client is recognised for their skills, talents and attributes using techniques such as professional careers guidance, vocational profiling, job carving/ analysis and training in systematic instruction. The work they carry out with employers is equally important helping employers recognise the benefits of employing from this wonderful talent pool of employees.

Here are some of the clients journeys to employment and an employer's experience https://www.youtube.com/playlist?list=PLLC74jZiN_4e1kRcDxB4AUvyTf8m3fYbo

Multi Schools Council

'The multi-schools schools council (CIC) is designed to break down perceptions towards children with special educational needs and mental health difficulties. Like everyone else we have found ways to adapt our work during the lockdown and this year we launched a podcast called '

The multi-schools lowdown' - <https://the-multi-schools-lowdown.captivate.fm/listen> . It's also available for free on any streaming site including iTunes and Spotify.

- <https://www.multischoolscouncil.org.uk/>
- <https://www.facebook.com/multischools>
- https://www.instagram.com/the_multischools_council/

The Prince's Trust

16-25 and out of work, education or training? Check out the Prince's Trust **Get Started programme** and take part in activities covering everything from music to fashion

November: Get Started in music

Aged 18-28? Live in Medway or Swale? Receive up to six months of mentoring support

For more information: www.princes-trust.org.uk or call 0800 842 84

FT Work Experience Programme is working with DRUK

Are you interested in the News Industry? What kinds of roles are there in a global media organisation? If you are aged between 16-25 and are interested in improving your skills around online collaborative, remote working and gaining an online work experience placement - then watch this space next month for some news that may be of interest to you!!

Email: Get-ahead@disabilityrightsuk.org

Competitions

University of Greenwich

STAART ART 2nd Prize competition: Cats and Dogs

We are delighted to be hosting a second prize STAART ART competition. Anybody, anywhere, any age can get involved. The first prize is £25 Amazon voucher and there are three runner-up prizes of £10 each. You can enter as many pictures as you like. The winners will be announced on 7th November 2020.

We will be using the images in the STAART colouring books for this competition. To enter: Choose a cat or dog image from either of the STAART colouring books. Both colouring books can be found here:

<https://www.gre.ac.uk/study/support/disability/staart/art>

Colour in the image to your choice of colour or materials. This can be done electronically or by hand. Put your first name, age, location and the name of your cat/dog.

Post it to the STAART Art Facebook page by **31st October 2020**:

<https://www.facebook.com/groups/1494748690692646>

The STAART initiative supports prospective and current students who have a disability; long-term health condition; specific learning difficulty; and/or mental health condition. Our support mechanisms prepare students for the reality of university for disabled students.



“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



Supporting disabled university students from outreach to employment

Join us for a collaborative webinar from, STAART and employability and careers (University of Greenwich), DnA and Evenbreak. We will discuss how we can support disabled students from pre-entry through to employment.

There will also be time for Q&A.

Tuesday 10th November 14.00 - 16.00

Places can be booked [here](#)

Assistive technology and Neurodiversity: Breaking down barriers using technology

Disability Rights UK will be running a webinar in conjunction with Microlink on assistive technology and how it can help people in higher education and the workplace. The first webinar will be on Neurodiversity and assistive technology for dyslexia.

Things that will be covering:

- What is Neurodiversity?
- Barriers within the workplace and education
- Free assistive technology: e.g. Siri, Google talk and Cortana
- Other assistive technology solutions

When: **November 27th - 12:30 - 13:30 pm**

Join us for this informative webinar and [register 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 and monthly newsletter
- 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 or newsletter!

Upcoming events and activities for your diaries



There are lots of days in October and November to bring awareness to particular disability related issues. Be sure to mark them in your diaries to join the conversation. How will you celebrate?

October 2020

- 22 Oct: International Stammering Awareness Day
- 25 Oct: Spina Bifida and Hydrocephalus day

November 2020

- 2-6 Nov: National Stress Awareness Week
- 6 Nov: National Stress Awareness Day
- 13 Nov: Anti-Bullying Week
- 14 Nov: World Diabetes Day

9 to 15 November 2020

Despite there being hundreds of thousands of people with a learning disability throughout the UK who could work and want to work, the number of those that actually do work remains extremely low in comparison with the wider population. There are a number of factors contributing factors for this but perhaps most significant is a lack of understanding of learning disability and what people can achieve with the right support.

Learning Disability Work Week offers an opportunity for people to share their stories, showcase achievements and demonstrate positive impact on the labour market and help change misconceptions. #ThinkDifferently #LDWork20

There will be a social media pack available nearer to the week and advice for employers about how to find support providers. Visit our **Learning Disability Work Week** webpage for more details.

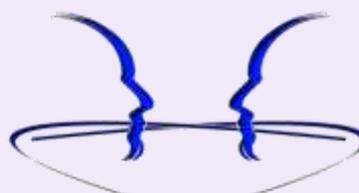
If you are a victim of bullying, please call the The National Bullying Helpline on 0845 22 55 787

(Open 9am to 5pm Monday to Friday)

Useful resource - TED Talks playlist: Stand up to bullying

<https://lnkd.in/dk9kU6Z>

<https://www.linkedin.com/company/the-national-bullying-helpline/>



Disability Rights UK online resources



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

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

Online Factsheets:

- **Careers and Work** factsheets
- **Education** factsheets and guides

DR UK student helpline

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

Telephone: 0330 995 0414

Email: students@disabilityrightsuk.org

Contact us



Email: Get-ahead@disabilityrightsuk.org

Twitter: [@GetAheadDRUK](https://twitter.com/GetAheadDRUK)

Instagram: [@GetAheadDRUK](https://www.instagram.com/GetAheadDRUK)

Webpage: [Get Ahead webpage](#)

Videos: [YouTube](#)

DR UK website:

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



We like to hear from you!

Give us your feedback and contact:

Get-ahead@disabilityrightsuk.org

For a text-only and large-print version of the Get Ahead newsletter

email: Get-ahead@disabilityrightsuk.org

We are disabled people leading change, and the voice of young disabled people has to be central to that change.