



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

We are changing the Get Ahead look!

Are you a young Disabled artist/illustrator looking for a platform to display your work?

We are changing the frontispieces of the Get Ahead newsletter and magazine. Send us your work and get a £25 voucher if your work becomes our new frontispiece!

Contact: getahead@disabilityrightsuk.org

What are the changes to technical qualification?

The Department for Education has said that apprenticeships, A levels and T levels will become the main progression options after GCSEs.

The reforms will simplify and streamline the system and qualifications that "overlap" with T levels, including BTecs, will be scrapped.

But education leaders are concerned that getting rid of BTecs will harm the prospects of many pupils. Approximately 30% of 16 to 18-year-olds studying for a level 3 qualification in England are doing vocational qualifications such as BTecs and is a key entry route into higher education for those who do not take A levels.

Other level 3 applied general qualifications such as creative and performing arts will continue to be on offer.

T levels

T levels are an alternative to A levels, apprenticeships and other 16 to 19 courses. Equivalent to 3 A levels, a T level focuses on vocational skills and can help students into skilled employment, higher study or apprenticeships

T level students spend 80% of the course in the classroom, learning the skills that employers need. The other 20% is a meaningful industry placement, where they put these skills into action.

For more information go to: [T levels](#)

Young Minds

Co-Editor Roxanne attended a training session with Young Minds back in February about how we can break down barriers for young people to enable them to participate.

“My intention in attending this training was initially to give me the skills to assist young people to do just that, but instead with the help of the other attendees I was given more of an insight into how young people feel about contributing and how I can better support this.

It was enlightening for me and made me reflective of my own childhood experiences and how it affected me even into adulthood, ultimately affecting my mental health long term”.

Are we creating barriers unknowingly?

A lot of young people are often labelled as not continuing or disconnecting with services there to help them, often putting the blame on young individuals – which can affect them mentally and their own self-image long term. Instead, we should be focussing on why young people are experiencing barriers accessing these services and find ways of removing these barriers.

All the small things

One attendee shared a story about how a young individual saw a pride sticker on a draw and this made her feel more welcome.

Young Minds aren't just about training service providers they are here to help you.

Young Minds is the UK's leading charity fighting for a future where all young minds are supported and enabled, whatever the challenges. They are here to make sure you get the best possible **mental health** support and tools to build the resilience needed to overcome life's difficulties.

Young minds provided support guides, blog, advice lines, text services and more.

Fund the Hubs!

Find out more about their latest campaign and how to get involved at

Fund the Hubs or search the hashtag #FundTheHubs across social media.

You are welcome!

At Get Ahead and Disability Rights UK, we are disabled people leading change, and the voice of young disabled people must be central to that change. To make this happen it is important young people feel enabled to participate and contribute.

Let us know - what would make you feel more welcome?

Does Get Ahead make you feel welcome? Are we relevant? What should we be doing?

Tell us! We want your ideas!

If it is about young people, it cannot be without young people.

Seems obvious right? But sometimes services don't make it clear enough that they genuinely want/ take on board young people's feedback!

We do! help us collect and shape resources that actually support you and what you are looking to achieved!

Reach by email, social media, video, audio whatever platform enables you!

Get involved:

getahead@disabilityrights.org.uk

Tweet us @getaheaddruk

Tag us @getheaddruk on Instagram



Over to you – young people!

Help us improve our website

Disability Rights UK is working on an exciting project to redevelop our website. With our user-centred design and feedback process, we intend to produce an inclusive and accessible website that caters to what our audience want.

This survey will allow us to collect and analyse data on how our audience uses our website and how we can improve in future. Please be as detailed as possible.

We appreciate you taking the 10 to 15 minutes it takes to complete our survey. All the information you provide will guide the improvements to our website.

If you have any questions, contact websiteproject@disabilityrightsuk.org

Do the survey: [Help us improve our website | Disability Rights UK](#)

Moving to college and university- managing times of transition - Professor Amanda Kirby

Benjamin Franklin said: “By failing to prepare, you are preparing to fail.” Even at the last moment we can make some preparation for new settings that can reduce the risks for ourselves.

Three key Ps to preparing for times of transition:

- **Preparation** - doing some tasks before you start that will help you when you get there.
- **Prioritisation** - not being overwhelmed by too many things and deciding what is important.
- **Practice** - practicing skills that may be new to you that may take you a bit longer than others to automate.

Start by thinking about what ‘scaffolding’ you have had in school and at home.

Some of this may be somewhat hidden such as your parents have always done the washing, cleaning, food shopping, cooking, and managing finances for you. If you are moving away from home you may need to take on all these roles on top of making friends, orientating yourself in a new setting and starting a new course.

Concerns you may have:

- What support you may require in times change
- How to make new friends
- If you are neurodivergent how or if you others and when



of
will tell
about:

What can you do?

Be prepared. Find as much as you can

- **Your home setting** – who you will be living with, where you will eat/cook/any rules you need to know (especially with Covid-19 hovering around).
- **The campus** – especially if you have lectures in more than one setting. Could you do a pre-visit visit with someone else and take photos or a video to remind you?
- **Your course** - and how you will be evaluated and when.
- **Where to go for student support** -this is important if you have a Disability Student Allowance or not. There will be people there willing and able to help you.

Prioritise. Depending on how much time you have decide on what you can realistically achieve. If organisational skills are a real challenge setting up a diary system with reminders on your phone and computer may be useful time spent. If budgeting is a nightmare, then focus on allocating funds before arriving. Banks, such as Monza and Chip can help you to do this automatically.

Practise. Even if you only have a few days, you can practise some skills you may be less confident with:

- **Cooking** – if you are self-catering- practice some meals before you leave home. There are some great websites for cooking on a budget e.g. <https://www.bbcgoodfood.com/recipes/collection/student-recipes>
- **Washing your clothes/changing your bed**- if you have never done so, having a go before you leave may be useful including going to a local laundrette.
- **Learning some new software skills** e.g., Immersion reader in Microsoft Office, Grammarly to help with grammar and spelling or increasing your typing speed.

For more information go to: **Do IT Profiler**

By Zan



SICK Magazine is an independent publication written by and for disabled and chronically ill people. This annually published collection of essays, interviews, poetry, and artwork aims to challenge harmful perceptions of disability and amplify the voices of those who may not otherwise be heard. Whether you're interested in the arts, keen to learn from other disabled people's experiences, or simply want to support a disabled-led magazine, SICK is worth a read.

Issue 3 launched in August 2021, and has some of my favourite articles to date, showcasing essays on topics such as

returning to 'normal' post-COVID, getting your vaccine as a young disabled person, imposter syndrome, and exploring perceptions of illness in South Asian communities. Featuring submissions from 24 writers and artists, Issue 3 is the largest edition to date, and is well worth the asking price of £8 – though you can choose to donate more at the checkout if you'd like to help fund the project. I'd highly recommend checking out the following articles in the latest issue:

- 'In My Memory, I Am a Fish' by Jen Campbell
- 'The Niceness of Painkillers' by Catriona Morton
- 'Bruises (And the White Line on my Thigh)' by Olivia Spring
- 'Chronicity' by Polly Atkin

Find out more about the magazine, purchases copies and follow their social media accounts at <https://msha.ke/asickmagazine/>

Health and Disability Green Paper open consultation

"Shaping future support: the health and disability green paper" explores how the benefits system can better meet the needs of disabled people and those with health conditions. It was informed by extensive engagement with disabled people, people with health conditions, and their representatives.

The green paper is now seeking views on how we can improve our current services so they are better and easier to use. We want to hear about the approaches we should consider to improve the system.

The 12-week consultation closes on 11 October.

The green paper, along with accessible versions and a link to the consultation site, is now available on [GOV.UK](https://www.gov.uk).

IN THIS SCHOOL
WE ARE TRAUMA-INFORMED.
WE CONNECT BEFORE WE CORRECT.
WE STAY CURIOUS NOT FURIOUS.
WE UNDERSTAND BEHAVIOUR IS COMMUNICATION.
WE BELIEVE IN CO-REGULATION, THAT CHILDREN
REGULATE OFF THE ADULTS IN THEIR LIVES.
WE THINK CAN'T - NOT WON'T.
WE EMPATHISE WHEN
SOMEONE IS FLIPPING THEIR LID.
WE BELIEVE IN RESTORATION - NOT PUNISHMENT.
WE BELIEVE THAT RELATIONSHIPS
BUFFER STRESS AND BUILD RESILIENCE.
ALL OF US NEED ONE ANOTHER, ALWAYS.
RESILIENCE MEANS WE SEE YOU,
WE HEAR YOU, WE ARE WITH YOU.

Upcoming Free Webinars - Online Meetings

For your diaries: Our yearly all-day Disability and Skills conference will be held on **Tuesday 22nd February 2022.**

Upcoming Events and Activities for your Diaries

October

ADHD Awareness Month

03-09 October – Dyspraxia Awareness Week

04-10 October – Dyslexia week

11-15 October – National Work Life Week

14-19 October – Chocolate week

06 October – World Cerebral Palsy Day

07 October – National poetry day

10 October – World Mental Health Day

22 October – International Stammering Awareness Day (ISAD)

Advice and Information for Disabled young people in education, apprenticeships, traineeships or Supported Internships is available from the DR UK Student Helpline

- Opening hours: 11am-1pm on Tuesdays and Thursdays.
- Telephone: 0330 995 0414
- Email: students@disabilityrightsuk.org



This website is part of Disability Rights UK's Right to Participate project, funded by the Legal Education Foundation. The project aims to increase awareness of the Equality Act, especially the ways it can protect disabled people from discrimination in everyday situations.

The right to participate - animated introduction to the Equality Act, videos of campaigns, information and template complaint letters to protect disabled people from discrimination in everyday situations


<http://righttoparticipate.org/>

Contact Us

 Email: getahead@disabilityrightsuk.org

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

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

 Videos: [YouTube](https://www.youtube.com/GetAheadDRUK)

 Get Ahead

[Get Ahead webpage](https://www.getahead.org.uk)



[DR UK website](https://www.dr.uk)



We like to hear from you!

Give us your feedback and contact:

Getahead@disabilityrightsuk.org

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

email: getahead@disabilityrightsuk.org

Access the Get Ahead newsletters and magazines on our [Get Ahead webpage](https://www.getahead.org.uk)

To receive notifications about the Get Ahead publications please sign up [here](#)

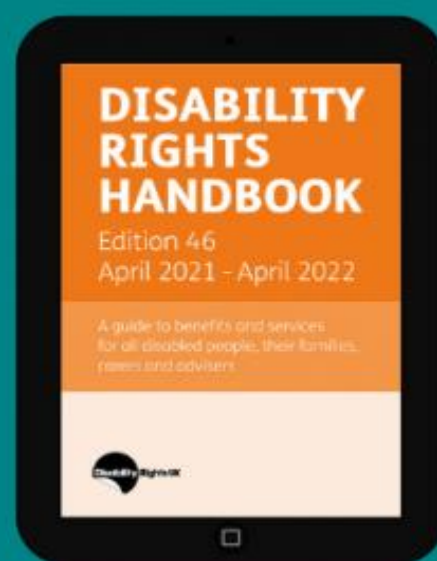
Disability Rights UK

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

Disability Rights Handbook ONLINE

We are delighted to announce the launch of a new digital version of our handbook. Created to support remote working, this new format for our flagship publication sits on the well-established AskCPAG platform.

Order your copy now!



<https://cpag.org.uk/shop/subscriptions/disability-rights-handbook->