



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

Get Ahead is one year old!

Here is a round of the important topics we have discussed over the year across our magazines and newsletters.

Our Newsletters

We have discussed many topics over the last 12 months including the impact of COVID-19 on students, shared COVID-19 resources, the Kickstarter scheme, celebrated Spina Bifida awareness month with influencer Doaa, The National Careers Service, Disability Discrimination Act, and lockdown life were all put under the Get Ahead microscope. as well as signposting to Young Minds, Princes Trust, Kronik Warriors and many more.

Each of our Newsletters shared poignant stories from a young Disabled person's point of view, provided a platform for creativity as well as sharing opportunities to learn with our free webinars and dates for your diary

Our Magazines

Each issue was carefully created by young people for young people in mind with the information that we need including building a profile, CV's, job searching, inclusive apprenticeships, traineeships and supported internships.

Issues also included topics such as Further and Higher Education, support, and learner experiences with issue 4 discussing an important subject for a lot of young Disabled people, the Social Model of Disability.

It is not over yet!

This is only year one we have a lot more to say here at Get Ahead we are so grateful to all you how have supported us, read, or indeed helped us create this resource.

To get involved email getahead@disabilityrightsuk.org

To read visit <https://www.disabilityrightsuk.org/get-ahead>

Twitter find: Well done Cornwall! Thank you [@Chopsy Bristol](https://twitter.com/ChopsyBristol) for posting



We're Recruiting – Kickstart Vacancies

Disability Rights UK wish to hire two young people to join our team, via the **Kickstart Programme**. We have two Programme Assistant vacancies within dynamic areas of our work - one within our Disability & Skills Unit; and another in our Get Yourself Active Team.

The Kickstart Programme aims to create jobs for those aged between 16-24 and in receipt of Universal Credit. The roles last for six months, are paid at national minimum or national living wage depending on age and are for twenty-five hours per week. As well as on the job training, the roles will include employability support for future career progression. The roles will be varied, covering areas including research, writing for our newsletters, posting on social media, planning and participating in internal and external meetings, and much more.

To apply for the roles, as with all Kickstart opportunities, please contact your local Jobcentre Plus / Universal Credit Work Coach. Should you have any questions please contact us at recruitment@disabilityrightsuk.org, or telephone 0330 995 0400.

KICKSTART VACANCIES OUTLINE



Disability & Skills Unit – Project Assistant

This is a great opportunity to work with us to increase our reach, connections and engagement with disabled young people and representative organisations. We are disabled people leading change, and the voice of young disabled people must be central to that change.

We are looking for a young person to join our team to support our communications and engagement work. This includes co-editing our Get Ahead newsletter and magazine, co-creating social media content, carrying out online research and co-facilitating online and other meetings.

Areas of work you can be involved in could include:

- Writing content
- Planning layout of our newsletter and magazine
- Engaging and supporting young people in the Disabled Apprentice Network
- Promoting stories and campaigns on social media
- Writing and distributing press releases
- Writing short reports and letters
- Assisting with surveys and collecting comments
- Organising and taking notes at meetings
- Helping to design PowerPoint presentations

The role will enable you to develop great communication and engagement skills, which will help you to gain work in the future. We will help you to develop skills and confidence in areas where you feel you need more guidance and support.

We would like to offer this role on a rotational basis within the programme to maximise your experience. This means you will have the opportunity to shadow and carry out tasks alongside other staff members who work in a different area. This will enable you to gain insight into different aspects of work and to gain knowledge, experience and skills.

Person Specification

The skills required for this post include:

- Writing in clear English
- Listening and verbal communication
- Basic Information Technology skills
- Good organisational skills
- Confidence in using social media.

This position would suit a young person with lived experience of disability

The Get Yourself Active programme is run by Disability Rights UK and funded by Sport England. We have been working for over six years to improve opportunities for disabled people to be active. Disabled people are found to be one of the most inactive groups in society, and we know that more needs to be done to understand and reduce the barriers that disabled people face with accessing physical activity. Some of these barriers include things like not being able to access adapted equipment, or negative attitudes from staff at a local gym.

The Kickstart Role within the Get Yourself Active programme will be a great opportunity to get involved in different areas of our work and support us with various projects we are working on. The work is varied and we are happy to offer you tasks that you are most interested in or that suit your skillset. For example, if you really enjoy writing we'd love for you to get involved in writing blogs for our website! Or you may like talking to people – in which case there are many opportunities to meet new people and take part in interesting and insightful meetings. You will be able to develop transferable skills to help you with finding work in the future. We can also help you to develop skills and confidence in areas where you may feel you need more guidance and support.

We would like to offer this role on a rotational basis within the programme to maximise your experience. This means you will have the opportunity to shadow and carry out tasks alongside different staff members who work on various projects within the programme. This will enable you to gain insight into the different pieces of work we are involved in and to develop a range of skills. You can then choose which area(s) you are most interested in for the remainder of your time with us.

Areas of work you can be involved in could include:

- Helping to develop resources
- Contacting organisations to share the resources
- Helping to design PowerPoint presentations
- Attending training sessions/webinars and feeding back to the team
- Researching news and information to share with the team;
- Helping to collect and showcase learning from projects we have been supporting
- Writing blogs for our website
- Using our twitter account;
- helping to make sure our website is regularly updated
- Minute taking for meetings
- Organising and setting up meetings.

Person Specification

- Interest in/experience of working in the charity sector
- Interest in/experience of physical activity and/or sport
- Basic Information Technology skills
- Confident to speak to people and send emails
- Creative
- Organised
- Ability to work as part of a team

This position would suit a young person with lived experience of disability

The West London Alliance is committed to an enduring programme of collaboration and innovation to improve outcomes for the West London sub-region. We deliver initiatives through working across borough boundaries focussing on the priority areas of **Economy & Skills** and **Social Care & Housing**.

West London Boroughs are proud to work with many employers and education providers in West London to facilitate and support the establishment and development of supported internships and supported employment initiatives. Over 400 young people with learning disabilities are now undertaking SI programmes in London every year, with an average employment achievement rate of over 60%. The details of 30 of these programmes are contained in this booklet.

Supported Internships are designed to develop transferable skills, knowledge and attitudes in preparation for paid employment. Through training and direct work experience young people will develop employability skills, self-confidence, job-specific skills and Maths, English and ICT skills whilst working alongside employees in a real employment setting.

Classroom-based learning at the workplace enables interns to try out different work roles, supported by a tutor and job coaches. During the internships, the young people will undertake employment planning and job application exercises designed to put as many of them as possible in a position to move directly into paid employment.

Supported Internships in West London have a track-record of great success in enabling young people with learning disabilities to gain direct work training within top businesses, hotels, hospitals and other organisations leading directly to employment. They are part of an expanding number of initiatives for supported employment being organised and facilitated by the West London Alliance in partnership with major third-sector organisations, further education colleges, local councils and experienced supported employment advisors and partners.

Feedback from host businesses in West London has been extremely positive. Public Health England reported that: “Our supported interns have been remarkable. They have brought incredible benefits to the organisation and we’re always telling other employers about how good Supported Internships and DFN Project SEARCH are – it’s one of the most important things we have done as an organisation.”

Supported Internships are open to all applicants with moderate learning disabilities (MLD) who are aged between 18 and 24 on 31 August 2021 (some take applicants at 16) and who are keen to be offered paid employment (not necessarily at the host business or organisation) at the end of the programme. Applicants must be able to commit to the full length of the programme (10 months) and attend 5 days a week (with holidays). A full list of eligibility criteria and the application process for each internship are available from the contact names listed with each programme.

For more information, download:

[The West London Guide to Supported Internships 2021](#)

Upcoming Free Webinars - Online Meetings

Thursday September 16th, 2021, at 11:00 to 12:00

Transitioning back to education and getting into good learning shape

Presented by Professor Amanda Kirby


This webinar will help students who are neurodiverse and may find some areas of studying and engagement in college and university more challenging especially transitioning into a new setting.

It will provide organisational skills strategies and tips to help with studying and ideas to help maintain wellbeing.

Register for this webinar [here](#)

Neurodiversity 101:

Why narrow categorisation misses some people



The current model of Neurodiversity used by medical and educational professionals is a **categorical** one. It categorises people as having (or not having) particular conditions, such as ADHD or Dyslexia, based on their symptoms. If you have enough symptoms, you are considered to have the condition.

However, a **categorisation approach is fundamentally flawed**, particularly when (as with Neurodiversity) conditions commonly **overlap**.

For example, take these three people:

Person 1	Person 2	Person 3
Anxiety	Dislike change/new settings	Dislike change/new settings
Dislike change/new settings	Some sensory preferences	Fidgety
Some sensory preferences	Hyperactive	Spelling/reading challenges
Hyperactive	Impulsive	Difficulties playing team games
Inattentive		Challenges with organisation

Person 1: This person meets the criteria for predominantly inattentive ADHD. They are given a **diagnosis of ADHD**.
Note that whilst they have the **same diagnosis** as the person in the centre, they have **completely different needs**.

Person 2: This person meets the criteria for predominantly hyperactive-impulsive ADHD. They are given a **diagnosis of ADHD**.
They do not have all the symptoms of ASC and so get no diagnosis (and thus are likely to gain no support for their challenges) May be female?

Person 3: This person has symptoms associated with several conditions. However, they do not meet the 'cut-off' for any of them (ASC, ADHD, Dyslexia or DCD/Dyspraxia).
They get **no diagnoses**. So, they will probably get **no support whatsoever**.

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Upcoming Events and Activities for your Diaries



September 2021

All month: World Alzheimer's Month, Study Skills for Disabled Students, Blood Cancer Awareness Month, Vascular Disease awareness, Childhood Cancer Awareness

20-26 September – National Eye Health Week

05 September - International Disability Awareness Day

06 September - National Read a Book Day

07 September - Youth Mental Health Day

08 September - International Literacy Day

10 September - World Suicide Prevention Day

26 September - National Pancake Day

29 September - World Heart Day

Freshers Weeks at universities

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.

Following the 12-week consultation, detailed proposals will then be brought forward in a white paper next year, setting out how we can better enable people to take up work and live more independently. It will outline the changes we want to make to the benefits system to better address structural and delivery challenges.

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).

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




Contact Us

 Email: getahead@disabilityrightsuk.org

 Twitter: @GetAheadDRUK

 Instagram: @GetAheadDRUK

 Videos: [YouTube](#)

 Get Ahead

[Get Ahead webpage](#)



[DR UK website](#)



We like to hear from you!

Give us your feedback and contact:

[Get-ahead@disabilityrightsuk.org](mailto:get-ahead@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](#)**

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->