



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

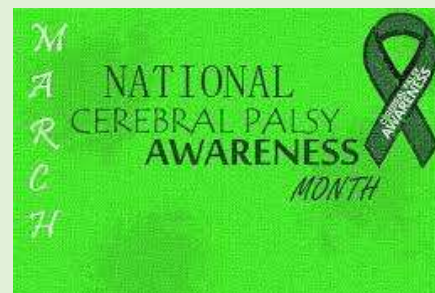
Stay informed with news and information on your journey  
through education, training and work

## Get Ahead Goes Green for Cerebral Palsy Awareness Month!

*Celebrating our readers, contributors with Cerebral Palsy  
and those who care and support them.*

#GoGreen4CP

March is National Cerebral Palsy Awareness Month,  
with Cerebral Palsy Awareness Day falling on March 25th.



The day was started in 2006 by a cerebral palsy advocacy group in America as part of a national campaign but thanks to social media this is now celebrated around the world!

Today supporters, activists, and advocates celebrate by wearing the colour green, using the #GoGreen4CP hashtag, and getting involved in campaigns, for example this year:

AdultCP Hub is helping us **#StampOutTheGap**, and adopt the NICE guidelines across the NHS **#SecondClassCitizens** to sign the petition and to find out more go to <https://tinyurl.com/vn9fj5mh>

Get in touch with us Get Ahead to share your experiences with Cerebral Palsy or let us know how you are celebrating!

## Disability and Skills Unit Conference: 2021 round up

*Due to COVID19 this year's conference was held over 2 days via Zoom discussing the topic - Improving Post -16 Outcomes for Disabled Young People in Education, Training and Employment.*

Guest speakers shared their initiatives including - employment and support officers, inclusion leads from such companies as Microsoft, The Financial Times and many more.

Young Disabled people also shared lived experience in the hope it will increase confidence and motivation in not only young disabled people to engage; but those supporting/providing services for them to ensure their practices, learning and work environments are more inclusive even in these challenging times.

All the presentations from the day are available via this [link](#)

The days left many people inspired or with food for thought and hopefully invoked conversations that we need to be having, as this was just a beginning for many. Thank you to all involved, whether you spoke, attended or helped behind the scenes, you helped make this years conference a success.

We hope to see you next year, maybe even in person!

<https://www.disabilityrightsuk.org/policy-campaigns/education-skills-and-employment/disability-and-skills-unit>

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## Department for Education Information

The DfE has published information for parents and carers about attending schools, nurseries and colleges in the spring term 2021.

Get the information [here](#)

A DfE helpline is also available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

- Call the DfE coronavirus helpline if you have a query in England about:
- early years including nurseries
- schools
- colleges
- universities
- children's social care

DfE coronavirus helpline

Telephone: 0800 046 8687

Monday to Friday, 8am to 6pm

Saturday to Sunday, 10am to 6pm

[Find out about call charges](#)

<https://www.gov.uk/contact-dfe>

## My life in lockdown

by Alice Saunders



I find this lockdown a bit weird because it's a bit different for me, but I am coping very well. I've been baking gluten free oats and raisin cookies but didn't have raisins, so I put sultanas in instead.

And I've been reading a book called *The Curious Incident of the Dog in the Night-Time* by Mark Haddon.

This story takes place through the eyes of a young boy. This novel is a murder mystery and a story of a teenage boy 15 years old. It starts out as Christopher is walking outside of his house and finds a dead dog at someone's garden called Wellington that he liked very much. Christopher eavesdrops people's business because it is not allowed. I've just found out that Christopher's dad called Ed Boone who killed Wellington with a garden fork.

That's why his wife called Judy Boone left him because of the affair with Mr Sheers and moved to London then left letters for Christopher.

On Thursday evenings there is a Zoom chat with my theatre group called EBYA it stands for Extraordinary Bodies Young Artists. We've been rehearsing some lines of the script and the final song from the show called *Till We Win*. We're based in Lighthouse at Poole but sometimes we go to Poole High School that's why we can't meet up, only on Zoom.

I am a student at Employ My Ability, Moreton. I do my college work at home, 1-1 audio call with my tutor and tutor group video call. Assignments are set by college and when I have done them, I send them back online.

I've been busy doing chores like vacuuming, putting the washing out on the line and back indoors. Emptying and loading the dishwasher. I also like taking my dog Blue for a walk near where I live.

After the lockdown is over, I'm looking forward to meeting my friends again, going shopping, seeing my nephews, going to college, EBYA and church.

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**Get your stories and news in Get Ahead!** Share your regional news, best practice stories, initiatives, resources and success stories with us and contact: [getahead@disabilityrightsuk.org](mailto:getahead@disabilityrightsuk.org)

# Why do some people have difficulties with organising themselves and their possessions?

Some people can find planning and managing their time and organising their possessions harder to do. This is called **executive functioning skills**.

Some people have specific challenges.

These may include:

- Poor time concepts- not being time aware
- Hyper-focusing on other tasks and finding it harder to switch tasks
- Difficulties forward planning
- Difficulties dividing tasks into parts
- Difficulties deciding on priorities
- Not placing things in a regular place so spending a lot of time looking for items
- Not using a diary system or external prompts as reminders
- Not being sure what 'tidy' looks like
- Not learning from past mistakes

## TIPS

- Don't try to change everything at once. It takes practice to do things automatically
- **Use a diary system** on the phone and on computer and put in all deadlines/appointments/social events as soon as you know them and set up alerts to remind you.
- **Use colour coding** to separate items and subjects so can easily be seen e.g. clothing, different documents
- **Use audio or visual reminders** e.g. alarms on phones/computers/ timers/clocks/ watch alarms as prompts to do things or Post- It notes on your laptop/ or bedroom wall.
- **Create a habit** of placing items such as phone/keys always in the same place when coming home - a coloured bowl makes it easier to see.
- **Pack bags the night before** so you are in less of a rush. Place them where you can find them.
- **Ask for a template or** an example of an assignment, essay or report you need to do so you know what to aim for.
- **Start each day with a to-do list.** At the end of the day write down anything you need to carry over.

**Young Lives,  
Young Futures**

# YOUTH ADVISORY GROUP



**25TH MARCH 2021,  
SESSION 1: 11AM-12:30PM  
SESSION 2: 2-4PM  
ZOOM**

If you're aged 16-21 and not planning to go to university, join our Youth Advisory Group!

- Share your thoughts and ideas on the impact of the pandemic on young people.
- Meet young people from across England.
- Inform national research.
- Discuss issues you care about with policymakers and researchers.
- Get experience for your CV.

**Young Lives,  
Young Futures**

The Young Lives, Young Futures project is about the experiences of the 50% of young people who don't go to university as they move between school, further education, employment and/or unemployment. The study is led by King's College London and The Edge Foundation and we would like to hear from young people to help inform the research.



For more information or to sign up, click [here](#) for a registration form or contact us through email, WhatsApp or social media.

✉ [glyfinterviews@kcl.ac.uk](mailto:glyfinterviews@kcl.ac.uk)

☎ 07909 696527

👉 [www.glyf.co.uk/taking-part](http://www.glyf.co.uk/taking-part)

📷 [@younglives\\_youngfutures](https://www.instagram.com/younglives_youngfutures)

🐦 [@YoungLivesKCL](https://twitter.com/YoungLivesKCL)

📘 [@younglivesyoungfutures](https://www.facebook.com/younglivesyoungfutures)

For more information or to sign up, click [here](#).

# Check it out!



Two great opportunities for budding artists!

## The Unique Art Awards 2021

The Unique Art Awards 2021 are now open for submissions. The competition celebrates the work of young disabled people who have a passion for art, whether that's through painting, photography, digital art or even sculptures.

The themes for this year's artwork are CORONA, MY HAPPY PLACE, COMMUNITY, HOW THE WORLD SEES ME or PLASTIC. So, if you're handy with a camera, spend all your time doodling, or consider yourself the next Picasso, this is a great opportunity to get involved in!

You have the chance to win up to £600 in vouchers and £3,000 for your school/college Art Department. There are 3 categories you can apply for – ages 7-15, ages 16-21, and group submissions.

All finalists will be invited to a presentation ceremony in October 2021 where the top three overall winners will receive their prizes.

The deadline to submit your artwork is 30<sup>th</sup> April 2021. Find out more and apply on their website: <https://uniqueartawards.uk/>

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## Shapes and Patterns in Creativity

Open Call for Artists!

Artists, who see themselves as facing barriers to the art world due to disability are invited to participate in 'Shapes and Patterns in Creativity' an exhibition being curated by artists Clarke Reynolds and Fae Kilburn.

All mediums welcome. Up to 25 artists can take part and if you would like to be one of them please email 3 images of your work along with your name, and for each piece of work the size, title, medium used and price, if for sale to either:

Clarke Reynolds on [\*\*seeingwithoutseeing@yahoo.com\*\*](mailto:seeingwithoutseeing@yahoo.com) or  
Fae Kilburn on [\*\*faekilburn@gmail.com\*\*](mailto:faekilburn@gmail.com)

All wall pieces must have D rings attached, sculptures can be free standing or placed on plinths.

The exhibition will be at Yellow Edge Gallery, Stoke Road, Gosport <https://www.yellowedgegallery.com>

Dates Deadline: 4th April 2021

Selection Date: 18th April

Delivery of work: TBC Exhibition Dates: Sat 29 May – Sun 13 June 2021 (PV Fri 28 May)

<https://disabilityarts.online/jobs/yellow-edge-gallery-open-call-for-submissions-shapes-and-patterns-in-creativity>

# Reviews

**Get Ahead is a platform for young people to share their views, talents and creativity.**

Our Get Ahead co-editors have been busy reviewing art works and games!

The following games reviews are by Finley, Dylan, Noel and Chayse:

Title: WWE 2K14

Type of game: Sports, available on PlayStation 3 and XBOX 360

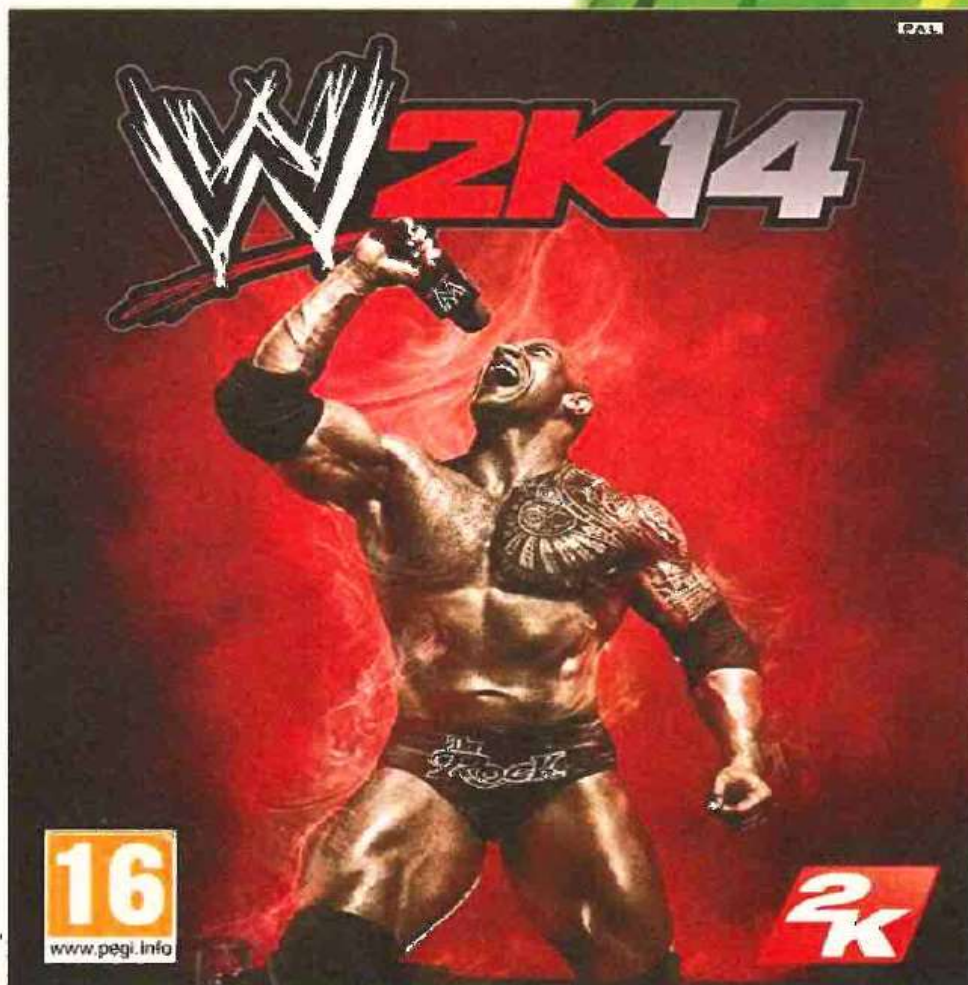
Developed by Yuke's, Published by 2K Sports

Released in Late October/Early November 2013

Price: £15?

Age rating: 16

WWE 2K14 was the first wrestling game I ever played and, if I remember correctly, the first bit of wrestling I ever saw. It features a 30 Years of WrestleMania mode, where you play iconic matches over every single WrestleMania up to WrestleMania 30. It also features The Streak Mode, where you can either play as The Undertaker and defend The Streak, facing pretty much every superstar in the game in a gauntlet match, or play as another wrestler and try to beat The Streak. It's harder than you'd think, as The Undertaker is set at the hardest difficulty, can sneak attack you if he has a Finisher stored, and can hit a surprise Chokeslam if grappled and a Hell's Gate if grounded.



Finley Owens

## Game Review by Dylan

Title: Watch Dogs Legion

Type of Game: Xbox – available on Xbox X/S Ps4, Ps5, PC



The game Watch Dogs: Legion is a 2020 action-adventure game published by Ubisoft. It is the third instalment in the Watch Dogs series, and the sequel to 2016's Watch Dogs 2. Set within the future, based in and around London-

characters use drones to gain a bird eye view of the famous London landmarks i.e. London Bridge and Big Ben the game's story focuses on the hacker group DedSec as they seek to clear their names for a series of bombings they have been framed for. You can recruit people from different job sectors I.E. lawyers, Judges, musicians, construction workers, also Clan members. If you help them out, then you can have their unique skills and abilities to your own advantage against Albion- they are an organization who is one of your enemies.

While the core gameplay is similar to its predecessors, consisting of a combination of shooting, driving, stealth, and hacking puzzles, Legion introduces a multiple playable character's system, allowing players to recruit virtually any NPC found in the game's open world. Each playable character has their own unique skills and backgrounds, and can be lost permanently if players enable the option of permadeath before starting a new game. There are multiple ways to complete missions depending on which playable character is selected. A four-player cooperative multiplayer will be added later in 2021, allowing players to team up to complete missions or explore London together.

Legion was released on October 29, 2020 for Microsoft Windows, PlayStation 4, Xbox One, and Stadia, and as a launch title in November for the Xbox Series X/S, the PlayStation 5, and Amazon Luna. Upon release, the game received mixed reviews. The multiple playable character aspect was the most polarizing, as some critics appreciated the different options it offers and the inclusion of permadeath, which allows players to become attached to the

characters they recruit and attempt to prevent their deaths, while others criticized the playable characters' lack of personality and the imbalance between different characters' abilities. Criticism was also aimed at the game's world, driving mechanics, inconsistent difficulty, and repetitive nature of missions.

Age Range:18

## Game review

What battleground will you choose?

Title: WWE 2K Battlegrounds



Type of game: PlayStation 4, Xbox One, Nintendo Switch, PC Windows, and Google Stadia.

Anyone that plays this game will be amazed at what can happen. You can play with friends in co-op mode you can even play torments. I like the match types such as steel cage matches.

Below you can find Match Types included in WWE 2K Battlegrounds. One-on-One (Singles Match) to Tournament (Online)

You can change your superstar in every match and you can cross platform play with your friends.

WWE 2K Battlegrounds Power-Up 1. Flaming Fist (Unlocked from the Start)

Deal increased damage for a limited time.

LVL 1: +20% damage for 15 seconds LVL 2: +30% damage for 20 seconds LVL 3: +40% damage for 25 seconds

The price of the game is £17 to £35 depending on what you buy it on.

The age rating is a 12.

Some people that are in the game are died and some are still alive today like Eadge, Randy Ortain, Jhon Chena and the undertaker you can play with current or past super stars.

There are some bugs in the game such as lagging which is annoying.

Star rating: 5/10

By Noel 1/2/2021

Devil may cry 5 Is a action-adventure game made by capcom and was released in 08 Mar 2019

Story: A bad named Urizen pops out of the blue and Nero and V and Dante need to come together and stop him!

Gameplay: Starting with Nero his gameplay is a improvement over devil may 4 with new devil breakers that come with all new tricks and powers and moves to use against your enemy's. Now next V gameplay style V fights by calling on his familiars Shadow Griffon and Nightmare to weaken his opponents and then when they are weak V goes in for the killing blow. Now final gameplay style Dante he has many ways of killing his opponents like use his sword Rebellion to cut done his enemy's or his guns Ebony & Ivory to take down flying enemy's or his new devil arm Cavaliere which he uses it as a buzzsaw to hammer down his enemy's and final his dt made can be used to make his attacks more powerful and heals him completely making him the 2<sup>nd</sup> best to as.

Rating 4 and a half stars

Done by chayse



## **Lisa Fittipaldi**



Lisa Fittipaldi was a trauma-care nurse and a Certified Public Accountant before losing her sight in 1993.

Memories of having travelled the world with her husband inspired her to paint.

Prior to her vision loss she had no art background.

She is 72 years old.

Lisa can tell what colour it is she is panting with just by touching it.

She has sold over 500 paintings.

I think it's incredible that she can tell what colour it is by just touching it.

*By Noel*



## Learning in Lockdown: Preparing to Progress

### CPD Webinar Series

**25th  
March  
3-4pm**

#### Engaging Families in Education

*Kirsty Allen, UniConnect, London NCOP*

- Engagement in HE case study: running and demystifying subject sessions for parents
- Discuss and share practical tips to engage families in different contexts

[Click here for event and ticket information](#)

**27th  
April  
1-2.45pm**

#### Anticipate and Adjust: Creating a Digitally Accessible Environment

*AHL's Disability Working Group in partnership with [Microlink](#)*

- What is a digitally accessible environment?
- Explore the digital barriers and identify a range of solutions to support you

[Click here for event and ticket information](#)

**19th  
May  
11-1pm**

#### Care Leaver Support at University: What it Looks Like and How to Access It

*AHL's LAC network in partnership with NNECL*

- Benchmarking support for CL at University: latest update from NNECL on the Quality Mark
- Top tips to prepare for transition and navigate support onto and at University

[Click here for event and ticket information](#)

- <https://www.eventbrite.co.uk/e/engaging-families-in-education-tickets-138750192561>
- <https://www.eventbrite.co.uk/e/anticipate-and-adjust-creating-a-digitally-accessible-environment-tickets-139673660679>
- <https://www.eventbrite.co.uk/e/care-leaver-support-at-university-what-it-looks-like-and-how-to-access-it-tickets-139937467733>


West London Guide to Supported Internships 2021.

Have a look at the 2021 edition of the **annual West London Guide to Supported Internships**. It contains the details of 30 Supported Internship Programmes available to young people with learning disabilities and difficulties across London. Over 440 places are available for young people aged 17-24 with SEN (Special Educational Needs) to receive pre-employment training and acquire key vocational skills and experience on these Programmes, where the success rate of placing young people into employment is over 60%.


<https://wla.london/west-london-guide-to-supported-internships-2021/>

**THE WEST LONDON  
GUIDE TO SUPPORTED  
INTERNSHIPS 2021**

**West  
London  
Alliance**



A BETTER WEST LONDON FOR ALL  
NOW AND IN THE FUTURE



**Supported Interns training at  
Nando's restaurant in Harrow**

*"A place where students, parents, staff and the wider community feel truly valued."*



## Supported Internship Programme

Strengthening Companies - Strengthening Communities

### Information for Young People, Parents and Carers

#### WHAT IS A SUPPORTED INTERNSHIP?

Our Supported Internship is a one year full time study programme for 16 -24 year olds who have a Statement for Special Educational Needs or an Education and Health Care Plan. It includes an extended work placement with a local employer and provides access to a job for young people who want to work, but need a little extra support to do so.



#### HOW DO SUPPORTED INTERNSHIPS WORK?

In class Interns focus on developing their work and life skills as well as their English and Maths. We match the Interns skills, interests and aspirations to specific roles. Interns then go into an extended work placement with a view to paid employment at the end of the programme. Students remain in class for one day per week and continue to work on their areas for development that have been identified in the workplace.

#### WHAT ARE THE BENEFITS?

- Develops greater independence
- Gets Interns onto a pathway to sustainable employment
- Develops workplace skills within the relevant sector
- Improves wellbeing and mental health
- Increases social integration

## What Support is provided?

### FOR THE INTERN:

- Careers advice, vocational profiling and job matching
- 1 to 1 Job Coach Support whilst on placement
- Travel training
- Regular monitoring and progress reviews
- Benefits advice from the DWP

### FOR THE PARENT:

- Regular updates on progress
- Support with concerns or barriers to employment
- Friendly staff who are available to talk

### FOR THE EMPLOYERS:

- Disability awareness training for staff
- Implementing reasonable adjustments
- Job Carving

### IS THIS PROGRAMME SUITABLE?

The success of this programme depends on an effective partnership between the employer, the Job Coach, the Intern and their family. The journey towards employment is exciting, yet challenging. Interns will need to:

- Travel independently, or commit to undertake travel training
- Have a strong commitment and aspiration to work
- Need an EHCP or Statement of Special Educational Needs

90% of  
Interns got a  
job in 2018



Some of our Partners: Tesco, Nandos and DHL



To register your interest please visit:  
[www.westleaschool.co.uk/SIP](http://www.westleaschool.co.uk/SIP)

For more information contact:  
Kika Charalambous  
[sip@westleaschool.co.uk](mailto:sip@westleaschool.co.uk)  
0208 8871160

## Tyler's Chronicles

Hi everyone, I am Tyler. I am currently doing all 3 of my work placements virtually due to lockdown.

One of my placements is with Swindon 105.5 community radio station, which is a local radio station. I have been working with one of my college peers of different projects.

I have been working on researching a feature on a pop group of choice. I have had to research facts about the group, their journey to stardom and I had to create a script in preparation for my recording session. I then choose two tracks to show their versatility.

I also support my peer with his work, as he is new to it all and my experience can help him.

For my work with Swindon Link Magazine, I log onto my work email, and then log onto a website called korus which helps me to type up the articles I am working on, and upload the image that goes with the story.

I then talk to the boss over the phone. I can message him when I get stuck with anything, such as the image needing to be photo-shopped.

My third placement is with Get-Ahead as a co-editor of the magazine/newsletter. My role includes writing reviews and articles, looking at dates for the diary and proofreading the newsletter before it goes out, to check for mistakes and contributing with the articles.

I enjoy my work placements while working remotely now, it does feel strange not to go to the office or radio station but it's for my own safety during these mad and crazy times. I am getting really used to this new way of working and have had to adapt myself and become more flexible around change. I can still contact the bosses over the phone/email.

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## The Staying Inn

The Staying Inn is a new online social platform run by disabled people, for disabled people. This fully accessible, inclusive 'virtual pub' runs weekly events to keep people connected during lockdown, whether that's with their monthly quizzes, craft sessions or film club, there is something for everyone. They also frequently have guest speakers who talk about topics like navigating disability in the workplace, improving accessibility online and being a disabled actor.

They will be holding a fun-filled first birthday event on 27th March 2021 at 8pm, so there's no better time to get involved! Find out more about their upcoming events and how to get the Zoom joining links at their website: [www.thestayinginn.org.uk](http://www.thestayinginn.org.uk)

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Send us a picture of your Easter Eggs!

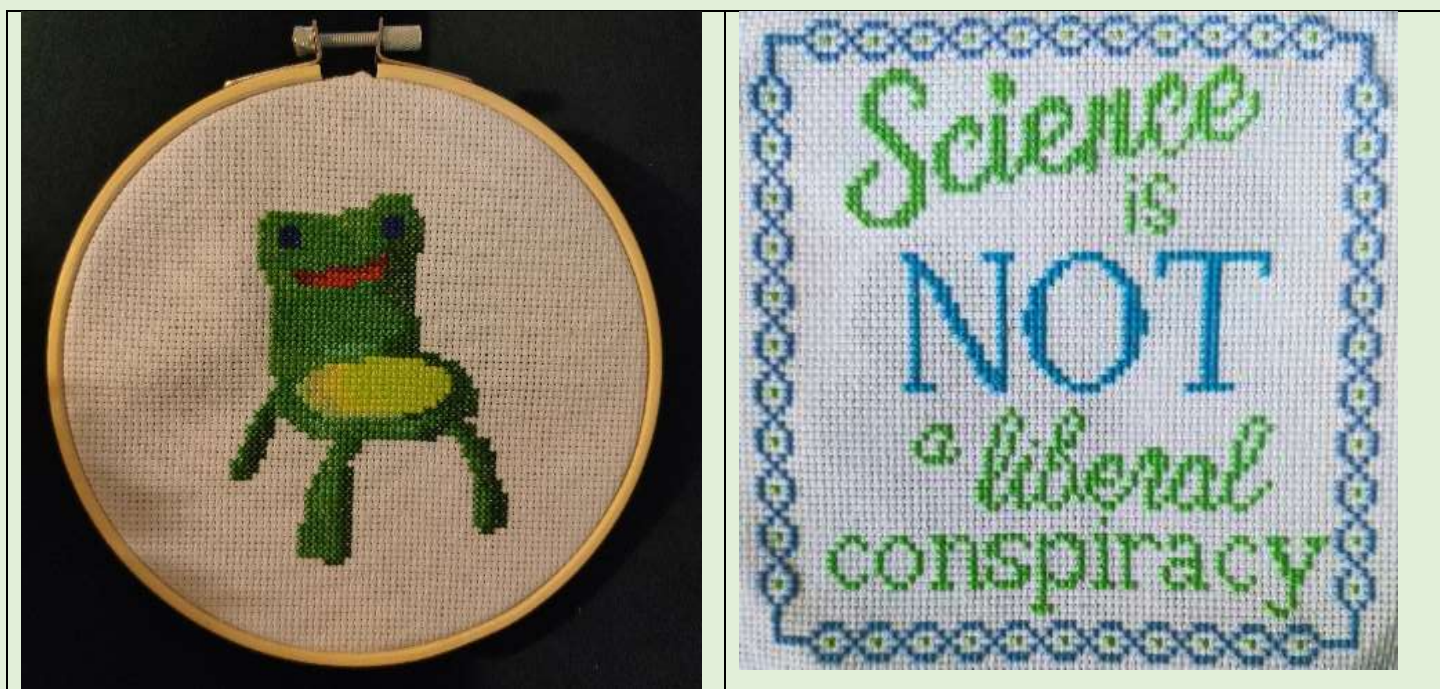
**@GetAheadDRUK**

**[getahead@disabilityrightsuk.org](mailto:getahead@disabilityrightsuk.org)**





Noel and Dylan used different materials made from natural woods to create a pattern to print with




Cross stitch pieces I completed recently, as it has been a great creative outlet for me during this recent lockdown! Zan.

## Upcoming events and activities for your diaries


### April 2021


Irritable Bowel Syndrome (IBS), National Pet and Stress Awareness Month.

- April 02 - World Autism Awareness day
- April 02 - 05 Easter
- April 03 - National Chocolate Mousse Day
- April 11 - World Parkinson's Day
- April 20 - 25 MS Awareness We


 Email: [getahead@disabilityrightsuk.org](mailto:getahead@disabilityrightsuk.org)

 Twitter: @GetAheadDRUK

 Instagram: @GetAheadDRUK

 Videos: [YouTube](#)

 [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](mailto: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](#)**

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## Disability Rights UK online resources

### Online Factsheets:

**[Get Yourself Active](#)**: Find ways to get active in your local area in a way that is right for you. Go to our new **[Youtube channel](#)**

- **[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](mailto:students@disabilityrightsuk.org)**

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## Disability Rights UK

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