

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

New Amazing Apprenticeships film and resources

Amazing Apprenticeships has launched a brand-new film, teacher zone and free resources to mark the start of a new term. Intended to showcase the breadth and variety of apprenticeships available, the film 'Apprentices are amazing', turns the spotlight on apprentices, the diversity of roles available, and the range of employers who support them.

New 'rapid read' resources offer bitesize overviews and cover key information, guidance and top tips when it comes to researching, applying, securing or hiring an apprenticeship. The brand-new teacher zone focuses on enabling teachers to gain and effectively communicate up-to-date high-quality information, as well as download resources to guide students and their families, and incorporates a valuable term planner to simplify the process.



To explore the new resources please visit: www.amazingapprenticeships.com

Different communicators need not apply: Why the pre-admissions experience matters for non-hearing and non-verbal learners applying to university

We reviewed the admissions and contact information on the websites of 100 universities which feature in The Guardian's Best UK Universities 2022 rankings to assess the standard of inclusive communication options universities offer at pre-admission stage. We found many universities have a 'telephone only' approach to admissions processes, which is likely to be a disadvantage to people who do not hear or speak to communicate.

Out of the 100 university websites we reviewed:



- **40 per cent** only give a telephone number for prospective students to contact them on.
- **Only 48 per cent** give an email address in addition to a phone number for prospective students to contact them on.
- Just **2 out of 100** offered a British Sign Language (BSL) video interpreting service on their website.
- Out of the 58 clearing sites we reviewed, 76 per cent offered no other means of getting information other than by telephone.

This discussion paper explains why the above matters for students who have disabilities which impact how they communicate and the impact a student's experience at the start of their university journey can have on their progression outcomes after they graduate. We also offer some practical suggestions for what universities can do to improve communications when someone is thinking of applying to university. We would love to hear what you think.

Get in touch with us at policy@businessdisabilityforum.org.uk and join in the conversation using the hashtag #DifferentCommunicators on social media

Ambitious about Autism would like to find out more about autistic young people aged 16-25 and their experiences of employment.

This survey is optional and should take around 10 minutes to complete. It can be completed by young people or parents, carers or relatives on behalf of a young person.

The results will help us understand the needs of young people who are in or seeking employment and will inform our policy, campaigning and project work going forward.

Do the survey [here](#)

Co-designing Opportunity

Are you interested in being involved in co-designing a resource for the Chief Medical Officers physical activity guidelines for disabled children? We are looking for young people aged 19 and under to join a creative workshop and share ideas about how to put information into a visual format. The information will be around how much and which type of physical activity disabled children should be doing to improve their health. We want to ensure the information is easily digestible, and so would love your help to design a resource that is accessible for all. If you're interested, please email:

Lydia.bone@disabilityrightsuk.org

Green Corridor Open Day

Green Corridor is registered post-16 provision for those aged 16-25 with SEN (Special Educational Needs) delivering accredited vocational courses and Functional Skills. We are holding an Open Day on the 21st of October and we're inviting anyone who supports a young person or people with SEN who hold an EHCP (Education, Health & Care Plan). This includes school leaders, SEN workers, social workers, parents, carers and young people themselves!

For more information about us, our provision and to book to onto our Open Day, please follow the link below:

[Green Corridor Open Day](#)

Here are some articles from our young writers about both the Olympics and the Paralympics:



The Olympics

By Enya

I'm training hard
Hours and Hours go by
Exhausted on the floor I lie

The day is here and it finally begins
Everyone has loads of wins

I close my eyes
And get surprised
I've won a golden medal

The difference between the Olympics and Paralympics

By Chayse



The difference between these two famous sport events is that most Olympics players don't have disabilities, but the Paralympics players do have disabilities. Making the Paralympics, having to be more creative with their games for the people with disabilities than you would find in the Olympics.

Another difference between Olympics and Paralympics are in their sports games.

Here are 2 main examples:

1. Wheelchair Rugby with the aim of the game to score 8 points the whole time they are indoors.
2. Goalball, where the players with limited vision play in teams of three who are trying to throw a ball that has bells on it, so they can hear where it lands on the goal post. The game is played indoors.

New sports in the Olympics and Paralympics

By Noel

1. SKATEBOARDING

The International Olympic Committee introduced skateboarding to attract young audiences at the 2020 Tokyo games.

2. SURFING

Since 1995, the International Surfing Association has been petitioning for the Olympics to include surfing...and it finally happened!

3. KARATE

Karate joined judo, taekwondo and wrestling as official Olympic sports. Although competitors can participate in two discipline.

4. SPORT CLIMBING

Sport climbing will consist of three different formats. First, there's speed climbing, which is a two-person race on a fixed route. Next, there's bouldering, which involves climbing—without safety ropes—as many routes within four minutes. Lastly, there's lead climbing, where athletes ascend as high as possible on a 15-meter wall. And yes, speed counts.

5. BASEBALL

Baseball and softball aren't new to the Olympic Games. However, the sports weren't included in the two previous games. Partially because they aren't as widespread as, let's say, gymnastics and swimming. The biggest difference between the two sports is baseball is for men, and softball is for women.

PARALYMPICS

Badminton and Taekwondo were added to the Paralympics alongside the 20 sports already competed in. Tokyo 2020 will now take place in 2021. The 16th Summer Paralympics will be the second time the Games have been hosted by the Japanese capital – 1964 was the other occasion.

Paralympics

By Catherine

The 2020 Paralympics Tokyo was held in 2021 due to Covid. It is an Olympics specifically for disabled athletes with any type of disability. Tokyo will make history as the first city to stage the Paralympic Games for the second time, having hosted the event 1964.



Look at those amazing smiles! How do you think they feel? I think they feel really proud of themselves and of the achievements they have made in the 12 days of the Paralympics. As well as giving them great Self-esteem it also leads to opportunities to travel and see the world. As they improve it allows them to be more recognisable and become TV personalities. This can then give them a chance to get sponsored with sports clothing and advertising.



Canoeing is a Paralympic sport.

This year we saw the sport Badminton and Taekwondo being introduced for the first time. It is great that we are seeing new sports every time the Paralympics comes around. Do you think any other sport should be included?

I think baseball, because there is a lot of people getting involved with this sport.

What do you think about the new sports? I think the new sports are a good idea because it can show off the athlete's abilities. In some sports they adapt the sport suitable for their specific disability in whatever sport they are doing. For example, for football sight impaired competitors they put a bell inside of a ball so they can hear where the ball is.

How do you think it encourages people with disabilities? I think makes people with disabilities realise that they can be proud of who they are because they can still do the sport they want to but in an adapted way. It promotes more people to play a sport in Olympics and Paralympics.

United kingdom came second overall on the table, they won 41 gold medals, 38 silver and 45 bronzes the total of medals was 124 altogether.

This was an amazing achievement for all athletes.

The 2020 Summer Olympics took place in Tokyo, Japan and there were new sports, one of them being skateboarding.

The person that qualified to represent Great Britain in skateboarding was Sky Brown, A 13-year-old British-Japanese skateboarder. Her mother is Japanese, and her father is British.

She is the youngest Professional Skateboarder in the world. She's got third at the 2020 Park World Skateboarding Championships in Brazil and a gold medal at the X Games Women's Skateboarding park.

At the 2020 Summer Olympics, she won the bronze medal in the Women's Park skateboarding event, making her Great Britain's youngest ever Olympic medal winner.

What the Paralympics mean to me

By Luke

As I sit here reflecting on what the Paralympics means to me whilst watching the closing ceremony, I can't help but think how far the Paralympics movement has come in terms of it being the third most watched sporting occasion behind the FIFA World Cup and the Olympics.

For anyone that knows me I am a big sporting fan. I love all sports ranging from football, rugby, motor racing and cricket. I get particularly excited for the two weeks that the Paralympics comes to town. But especially this year because of everything that happened with the pandemic, I felt more excited and more connected to the Paralympics than ever before.

The Paralympics was originally founded in 1948 to help with the rehabilitation of World War II veterans. The first games were held in Stoke Mandeville hospital, created by Mr Ludovic Guttman.

My first experience of the Paralympics games was when I first saw coverage of Atlanta in 1996. I was fascinated with wheelchair racing and swimming because I felt that these were two of the sports that I could do and I began to have a dream of competing in.

My idol at the time was Baroness Tanni Grey Thompson. She was pretty much unstoppable and someone I looked up to, because I felt she was relatable. She was also in a wheelchair, so as soon as I saw her cross the line I could dream.



In 2012, when the games came to London, Channel 4 gained exclusive rights to the Paralympics. This for me was the games that changed everything. There were ad campaigns that put Paralympic athletes on the same footing as Olympic athletes. I felt that people were starting to realise what sporting achievements can be accomplished by people with disabilities and for the first time in my life I felt like we were on equal footing with the Olympians.

I was lucky to go to a track and field session on a Saturday at the Olympic Park, the Olympic stadium was sold out and everyone was cheering for GB. It didn't matter that they were seeing people with disabilities or people in wheelchairs flying down hundred metres in 16 seconds. We made new sporting heroes such as Jonnie Peacock, Hannah Cockroft, David Weir and Will Bayley these will be mentioned in the same breath as Sir Mo Farah, Jessica Ennis and Greg Rutherford. After 2012, Channel 4 gained exclusive rights for the 2016 Rio Games; this was a roaring success, allowing people to see the sporting achievement, not just the disability. This was helped by the creation of the last leg in 2012 because disability was being shown more on TV.

Tokyo is the second greatest games that I have ever witnessed. The reason Tokyo 2020/2021 is so special to me is because of two things. This was the first Paralympics games apart from London, where people with disabilities were seen as athletes first and have a disability second. Our athletes showing that disability doesn't define you. Your sport can define you.



I also feel that Channel 4 need credit to show the entirety of the games on terrestrial TV. I am extremely proud of all our athletes that have won medals in Tokyo and in other Paralympic games, but I am immensely proud to have a disability and I feel that things like this can only enhance the way people see disability in the future.

Disabled Apprentice Network

Disability Rights UK has convened the Disabled Apprentice Network to support the Department for Education to improve the diversity and accessibility of Apprenticeships.

The Network is considering the barriers that some Disabled young people might face, the things that make apprenticeships successful and what employers can do to provide the necessary support. The Network is discussing these and other issues and working to develop solutions.

Young Disabled apprentices have joined the Network to champion improvements to apprenticeships for Disabled people. The Network shares experiences, advises on key issues, suggests solutions and supports the development of practical resources and toolkits. The Network meets monthly for one hour.

If you are a Disabled apprentice or have completed an apprenticeship in the recent past and would like to join the network, then please contact:

Rabia.lemahieu@disabilityrightsuk.org

Memories and Happy Times

By Catherine



Can you guess what I did this weekend?

This weekend I had a barbeque with my family and friends. Before they came, we had to prepare all the food for the barbeque. As my dad was marinating the chicken wings in divine, glossy, sweet barbeque sauce, I watched and took notes from him because I love to cook.

Then a few hours later, everyone arrived! As the sun started beaming, we attached a kite onto some hooks to keep ourselves shaded. A little later my

dad cooked a really nice steak on a flaming hot grill that was jaw dropping to eat.

While the steak was cooking, we were talking and listening to a mix of rock and pop music. As the evening drew to a close, we listened and sang to a classic song called Take Me Home, Country Road by John Denver. Some of the singing voices were questionable after the song finished we said our goodbyes and planned to meet another day.

My Summer Holiday

By Enya

One summer holiday, I went to a campsite in Ipswich with my mum and dad; we went there in a campervan. In the van, there's a TV and my dad brought an Amazon Fire Stick for it. On the Fire Stick, I found out how to download RetroArch, a game emulator.

I went to places like Framlingham Castle and my mum and dad found places that were in The Detectorists. I went to Snape Maltings and I went to an old music shop. I also saw a band playing on a stage outside.

I went to some arcades and got some stuff. At one arcade, I got sweets and at another arcade I got more sweets and a David Bowie mug. I saw Among Us in one of the arcades.



Wired Different: A window into Asperger's

By Ella Sanderson

My name is Ella Frances Sanderson and I'm a 22-year-old poet. Last year I co-created a programme about (and featuring) my poetry for BBC Sounds on BBC Radio 6 music, I am on at 51.9.



This programme is now live on BBC Sounds and you can hear it by contacting me through my twitter page at:

<https://twitter.com/ellasanderson18>

'Wired Different: a window into Asperger's' is a BBC audio programme that discusses neurodivergence, poetry, religion and being human. It includes some of my most performed poems; *Wired Different*, *Delete Her*, *Disability at work* and *Washing Machine Brain*.

I've always played a big part in our local poetry community: I am a graduate of Ilkey Writers; I founded local mic night 'Speak Out' in Menston and have performed at local mic nights such as 'Spoke' as well as appearing on Chapel FM. I was also involved in the 2015 project 'Stanza Stones' with Simon Armitage and was published in the accompanying anthology.

Nationally, I performed as part of BBC Words First competition with Malika Booker and had an article published about my poetry and Asperger's by the National Autistic Society.

[Ella's website](#)

Upcoming Events – October/November

27 - October - National Black Cat Day

31 - October - Halloween

14 – November - World Diabetes Day

18 November -18 December [UK Disability History Month](#)



New: Apprenticeships That Work for All

A practical toolkit from the Social Mobility Commission for employers, training providers and apprenticeship practitioner.

[Apprenticeships toolkit - Data - Social Mobility Commission \(socialmobilityworks.org\)](https://socialmobilityworks.org)

Upcoming Free Webinars - Online Meetings



Day: **Thursday 18th November 2021**

Time: **12:30- 13:30**

Supporting Disabled Apprentices in the Workplace

Does your organisation:

- Find it challenging to recruit apprentices from a diverse talent pool?
- Have difficulties to remove barriers to build an inclusive and accessible workplace
- Struggling to get staff to leave behind 'culture fit' attitudes instead of cultivating a 'culture add' approach?

This webinar will be delivered by social entrepreneur Jamie Brett who has over a decade experience supporting Disabled young people.

Jamie is dyslexic and started his career in an apprenticeship with The Prince's Trust, the UK's largest youth charity. He then proceeded to manage a team of apprentices with different support needs, lead employability programmes for a diverse cohort of young people and has managed worldwide talent development projects. In 2015 Jamie became a TEDx speaker with his talk 'Equipping a generation to take its place in digital revolution'.

In 2020, Jamie founded Cerebration, a social enterprise that provides equitable training opportunities.

This webinar will look at how to ensure Disabled apprentices are able to access your apprenticeship offering, explore how you can provide the right support for your apprentices and how to transform your workforce thinking to create a more inclusive workplace.

To attend this webinar, register [here](#)

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](https://twitter.com/GetAheadDRUK)

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

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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.
