



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

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/>

The National Careers Service

The National Careers Service can help you with your career, learning and training choices. [Find out more](#) about the different ways we can support you.

Need to talk to someone? The National Careers Service is here to help. Wherever you are in your decision-making, you can call us on 0800 100 900, [use webchat](#) or text the word **ADVICE** on 07766 413210 and we'll call you back.

Disability Discrimination Act

It is 25 years since the Disability Discrimination Act (DDA) became law.

But has enough been achieved in those 25 years? Disabled people still face challenges accessing education, employment, housing, services, buildings and transport. Tell us what you think and contact: getahead@disabilityrightsuk.org

The BBC is running a season of arts, drama, discussion and documentary programming about the Disability Discrimination Act.

[Details can be found on the Disability News Service website](#)

The effects of lockdown for disabled people: Have we been forgotten?

Alex Johnson

In March, we were told to shield, and we did as we were told. Shielding and lockdown has been quite hard for disabled people: Not being able to go out, not seeing family, not having a normal life for months. This is really hard, but I want to give disabled people a voice and to be heard. I want to tell them that they won't be forgotten, our community will always be there, giving support and being there for them in this difficult time.

Lockdown is tough and cruel. We congratulate disabled people for being resilient and for their dedication. Disabled people don't get a voice and they don't have a chance to speak up to others as they can feel judged and vulnerable. We have done our job, we did as we were told, it was done for our safety, but we have done our bit. Disabled people are wearing facemasks out of choice even when they're exempt. People have not got a right to say that because that's your personal thing.

I know when we opened up first time, some of you didn't come out and speak up, but we all need to come together and become stronger. We stayed in so don't forget, our families will still be here with us. Don't give up on the lonely days, don't give up on the hard days. Never give up because a change is going to happen.

Lockdown - but not left out! Why not try Adaptive Boxing?

By Roxanne Steel

All of the exercises can be done from a seated position and can be adapted to suit varying abilities and fitness levels.

All you need to take part is a chair / wheelchair, a pair of small dumbbells or something similar (tins of beans, bottles of water) although "Bodyweight" is also fine!! - a device that connects you to the internet, and most importantly your smiley self!

Sounds fun!

Is it run by a qualified coach? YES our Head Warrior. All our adaptive boxing classes will be coached by Luiz Faye, who is a certified England Boxing & WBC Adaptive Boxing Coach, assisting in the development of this new, innovative version of the traditional sport.

To find out more:

Email: kronikwarrioradaptiveboxing@gmail.com

Instagram: https://www.instagram.com/kronik_warrior_adaptive_boxing/

Facebook: <https://www.facebook.com/KronikWarriorAdaptiveBoxing>



Luke Nadin

My oh my, this year has been a strange one. On New Year's Eve, I always have a word with myself and say this year's going to be my year and I set out goals for myself in a quiet space where no one is listening. My goals for this year were to continue to improve in my job and continue to try new things. It was going so well until March, when the whole world stops, and we were forced into our homes.

At first, I was glad of the break, but as the weeks rolled on the uncertainty grew, and I didn't know what to do. People say it's okay because we are all in the same boat, but I don't believe that is true. Everyone's boat is different.

I know I am lucky because I have a family to help me through this difficult time. I know a lot of people do not have that luxury. So throughout lockdown, I made sure I was in contact with my friends, who weren't so fortunate to make sure they were okay.

My dog has been a great support system when I've been nervous and anxious about what the future may hold.

When we look back on these times in years to come, we will say: Remember the time we were forced in our homes due to coronavirus. Future generations will not believe some of the things we tell them, but we will get through this and I believe be better for it.

Roxanne Steel

It started with confusion over toilet roll

The vulnerable went inside and did as they were told

McDonalds closed - things are getting real now

Workplaces and Classrooms, replaced by Zooms

Things changed quickly - for we were all vulnerable now

The adjustments once impossible they worked out how

We found ways to protest

Laptops balanced on chest

Now we know what is possible

Why do I still fear real change, improbable?

Surviving this is down to me.

During lockdown, I have been trying to stay active by doing some exercise at least two or three times a week. I am going for walks with a friend and doing little mini exercise routines every other morning. I've also been looking after my mental health by taking time out first thing in the morning and last thing at night to meditate.

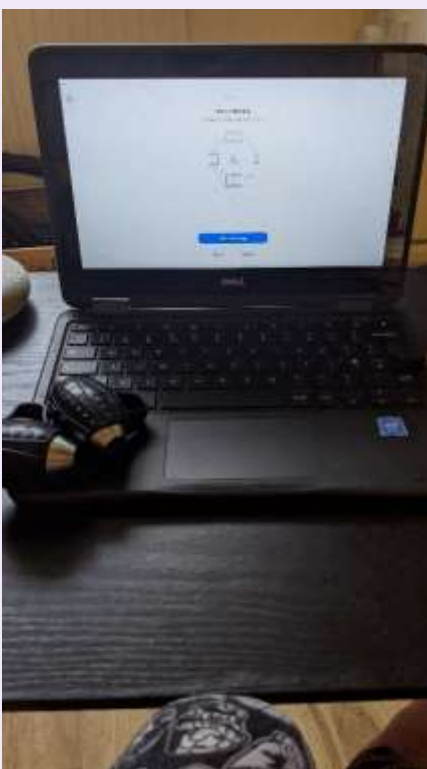
I have been able to spend a lot of time in my voluntary role with PADD (People's Awareness of Disability Discrimination) as we have moved everything online and now spend a lot of time on zoom! I am also working on raising PADD's social media profile. I am also part of This Ability's 'COVID Crusaders' where we discuss recent findings around the current pandemic and check how everyone is doing and see if anyone needs any support. Unfortunately, my voluntary admin work with Hull KR had to stop during the first lockdown. It did restart briefly only to stop again.

On a positive note, I have been able to spend time with close family members mainly my Mum and Dad and have enjoyed getting to know my parents a bit more and try and spend Friday and Saturday nights with them as I have more free time at the start of a weekend.

In this second lockdown, I've felt sad that I stopped going to shops to help minimize the risk of contacting COVID but the walks with my friend and knowing that this could end up being a short lockdown and keeping myself in a routine that gives me normality has kept me positive in this second lockdown period.

During parts where I haven't been as busy, I've also enjoyed some downtime to myself to relax and recharge my batteries.

Views from Lockdown



A fantastic student initiative!

To celebrate Cancer Awareness month, Post-16 students at Daventry Hill School chose to host a cake sale and raffle in October, to raise funds for Northampton General Hospital Cancer Care Ward.



The students worked hard as a team to plan the event, bake the cakes and sell raffle tickets. Due to Covid-19, unfortunately the event was only open to the staff and students of the school. Despite this fact, together, DHS school community raised an amazing £ 317.68.



The students selected Northampton General Hospital, as they wanted to make a difference to the local community - Congratulations and well done to Chayse, Dylan, Finley and Noel for their amazing team work and collaboration.

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!

Dorset

Ansbury Guidance supports young people who have an Education Health and Care Plan from Dorset Council.

With a second #lockdown, we want to reach out to let you know we are still open and here to support you with your career journey, whether that's finding #work or changing #career, and to support with #training and upskilling opportunities:

https://www.ansbury.co.uk/Young_People.html

Kent

Get on Track for Wellbeing is a programme we are running across Kent in partnership with the Dame Kelly Holmes Trust which supports Young People (YP) aged 16-24 who are NEET (not in employment, education or training) or at risk of becoming NEET (<https://www.damekellyholmestrust.org/>).

The programme uses ex-athletes, in our case Claire Bennett, Jenna Downing and Liz Johnson to help mentor and motivate the YPs, improve their physical and mental wellbeing, build their skills and help to stay in education, find jobs, employment or training opportunities etc dependent on their aspirations. The programmes also have a big focus on physical and mental health and can help those at risk of dropping out of education.

The programme uses different activities to help the Young People to build skills and confidence, improve their wellbeing and ultimately help them focus on bettering themselves to improve their education and employability. The programme also hosts a 'Social Action Project' for the YPs to give back to their communities, as Dame Kelly Holmes has done by starting her trust.

The sessions are delivered via zoom and will last for 12 months; with a phased approach to support the YP longer term.

We have worked with the trust for 5 years and helped over 300 Young People back into, or to re-engage with Education, Employment or training. We believe this is needed now more than ever, especially given the uncertainty of the next few months.

Our next programme is starting mid-November.

Contact enquiries@swaleleisure.org for more information or to refer yourself/someone you believe will benefit from this programme



Change 100

Looking for a graduate scheme to kickstart your career after you finish university? Applications for the Change 100 Summer Programme are now open!

Run by Leonard Cheshire, a charity which supports individuals to live and work independently, Change 100 offers paid summer work placements to students and graduates with disabilities and long-term health conditions. The scheme aims to remove barriers experienced by disabled people in the workplace, partnering with leading employers across the UK to ensure disabled graduates are not left behind in the job market.

You will receive professional mentoring and key networking opportunities, as well as ongoing support from the Leonard Cheshire team, who will ensure your accessibility requirements are catered for throughout your placement, such as if you cannot travel far on public transport to get to work, or require flexible working hours to work around medical appointments. Many placements will also be available to work entirely remotely if you need to shield.

The deadline to apply is 2pm on 7 January 2021. To find out more information, such as the eligibility criteria and graduate testimonials, visit their website:

<https://www.leonardcheshire.org/what-we-do/working/employment-support-and-internships/internships-students-and-graduates>

Upcoming events and activities for your diaries

November 2020

- [National Novel Writing Month 2020](#)
- November 21 - [World Hello Day](#)

December 2020

- December 1 - World Aids Day
- December 2/7 - National Grief Awareness Week
- December 2 - International Day for the Abolition of Slavery
- December 3 - International Day of Persons with Disabilities
- December 5 - International Volunteer Day
- December 5 - World Soil Day
- December 10- Human Rights Day
- December 20 - Solidarity Day
- December 20 - Festival of Winter Walk



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](#)

Disability Rights UK online resources

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

Contact us

-  **Email:** Get-ahead@disabilityrightsuk.org
-  **Twitter:** **@GetAheadDRUK**
-  **Instagram:** **@GetAheadDRUK**
-  **Videos:** [YouTube](#)
-  **website:** <https://www.disabilityrightsuk.org/>
-  [Get Ahead webpage](#)



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

Access the Get Ahead newsletters and magazines on our [Get Ahead webpage](#)

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