



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

National Apprenticeship Week 2021!

Monday 8th to Sunday 14th February

National Apprenticeship Week is an annual week-long celebration of apprenticeships across England and is a time to recognise and applaud apprenticeship success stories across the country.

Amazing Apprenticeships



The [Apprenticeship Activity Pack](#) on the [Amazing Apprenticeship](#) website is full of fun and engaging activities for students. This year the pack is an interactive word document so that it can be completed digitally or printed off.

This fun and interactive ['Which Apprenticeship Am I?'](#) multiple choice quiz will encourage students to think about the benefits and opportunities of apprenticeships.

The [Amazing Apprenticeship](#) website is packed with information, resources and activities- check it out!

COVID-19 and Dancing: Continuing Love



Cameron Lynch

Growing up, everything was painful. None of my pain mattered when I was dancing though. I started dancing at the age of three in an attempt to make my muscles stronger. I ended up falling in love. I spent every single moment dancing. When I tasted good food, I danced. When a song came on in the grocery store, I danced. Any time that I could, I did.

Dance has changed my life. It has made me into the person that I am today. I am strong because of the ballet lessons that I took when I was three years old. When I went to university, I joined the dance company and met some of my best friends and spent every spare moment in the dance studios. Of course, with a neuromuscular condition and years of steroid use, this came with a price and I have broken more bones than I can count on two hands, but it is all worth it.

When coronavirus hit, I lost a little bit of this love. It seemed so strange to dance by myself in isolation. My best memories of dance include being with other people and messing around during classes and rehearsals. This is taken away in lockdown, and it just didn't feel right. I was still taking university classes on Zoom, so I had my weekly dance classes also on Zoom, but I just felt as if I was faking it.



I discovered dance classes on YouTube by some of the most famous dancers in the world, and my motivation shifted. I had to learn how to rephrase this time as an opportunity. Normally, I would never get to take class with the principal dancers of the Royal Ballet or the American Ballet Theatre, but in this setting, I got to take classes even if it meant in my small bedroom.

COVID has been a challenging time for me and disabled people as a whole. It has been difficult to keep my body moving in my apartment and continue doing the exercises that I know keep me in shape, but dancing has kept me feeling like myself. Dancing has helped me a lot throughout lockdown and will continue to be a part of my life even after

Fantastic opportunity to create a bespoke product to introduce yourself to employers!



The Achieve Project

Superpeople + Disability Rights UK + AUB Human

Are you a disabled person who is looking for employment?

Are you looking for a creative way to introduce yourself to employers?

This is an exciting opportunity to be involved in The Achieve Project. Superpeople will connect you with students from Arts University Bournemouth who will design and create innovative and exciting self-promotion products. These will aim to reflect your individual character, including your skills, interests and ambitions. You will then be able to use these products to send to employers, introduce yourself as you seek to gain employment.

The purpose of this free service is to show that your disability is a brilliant part of who you are and doesn't affect your ability to work. This is designed at being an introduction to you, a snapshot of who you are, that does not aim to replace your conventional CV.

How it works:

- Email contactsuperpeople@gmail.com to register your interest in the project or visit www.superpeople.co.uk for more information.
- We will ask you to provide some basic information about yourself, including what type of work you are looking for.
- We will organise an informal recorded interview over Zoom, this will help us to get to know more about your interests, talents, aspirations and character.
- When the project is launched in March 2021, your interviews will be shared with the learners from Arts University Bournemouth.
- Over the following weeks, the Arts University students will work in teams to create bespoke self-promotion products that match your character.
- You will have an opportunity to give some feedback before the final product is sent to you.

Superpeople



Disability Rights UK

+ AUB Human

logo

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

Derwen College

Specialist further education college Derwen College, in Shropshire, is delighted to announce its interactive live Spring Open Day will take place on Saturday, 6th March.

Potential students and their families will be able to find out all about life for the day and residential students who attend the Ofsted Outstanding-rated College or one of its smaller Shropshire satellite sites.

There will be two separate Open Day events: one for the college's main site, near Oswestry, **for residential and day students from 10am-11am**, and another for **day students at the College's Telford, Baschurch and Craven Arms campuses from 11.30am-12.30pm**.



Learning at Derwen is not just about work; visitors will see what students do in their sport and leisure and social time, in their accommodation, and in their independence skills and work placements.

There'll also be the opportunity to hear directly from some of the students about what Derwen means to them, and what they've learnt during their time at College.

Ansbury Guidance

Ansbury Guidance is a charity based in Dorset which provides careers guidance, employability services, mentoring, digital upskilling and wellbeing support for young people and adults.

Despite the pandemic, we are open and here to support you with your life journey and understand that our services are needed more now than ever. We are offering a variety of

virtual options in place of face-to-face interventions in accordance with government guidelines, including phone, email and online. All our services are completely free.



Visit www.ansbury.co.uk/projects
Email us on 4U@ansbury.co.uk

Text your name to 07884 438908
Call us on 01202 677557
(open Monday – Friday, 9 – 5 pm)

Check it out!

Great information for deaf young people!

Whether you want to earn a bit of extra money while you study or are ready to start your career, it can be difficult to know where to start when looking for a job. Add to these worries about how being deaf might affect your job search and it may feel overwhelming. However, there is support and lots of information to help you get started and to find the right role for you.

Visit: **National Deaf Children's Society**

Professional coaching service for blind and partially sighted people extended.

Thomas Pocklington Trust (TPT) and the Centre for Resolution are extending their professional coaching service for blind and partially sighted people.

The service which is free-of-charge was launched in November specifically for blind and partially sighted people who are facing redundancy or who have recently been made redundant.

Martin Sigsworth, Senior Employment Manager at TPT, said: "We made the decision to extend the programme due to the worsening impact on the job market that the continued lockdown measures have brought. We know that assistive technology allows blind and partially sighted people to perform roles in the workplace as well as their fully sighted colleagues, but many employers are still oblivious to this. The new coaching service aims to try to level the playing field, to give people confidence and help them to find direction."

More information is available on the TPT website: **www.pocklington-trust.org.uk/employment/professional-coaching**

Gym is Possible! With **Gym Possible** this Fitness February

With free adaptive fitness classes throughout February on Facebook Live

Gym Possible Fitness February Two

SUNDAY 07	MONDAY 08	TUESDAY 09	WEDNESDAY 10
	WHEELCHAIR AEROBICS WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	WHEELCHAIR TABATA WITH SHAUN GASH EQUIPMENT REQUIRED • RESISTANCE BAND • DUMBBELL 	SEATED CARDIO LIVE WITH ELLA BEAUMONT EQUIPMENT REQUIRED • BROOMSTICK • DUMBBELL
THURSDAY 11	FRIDAY 12	SATURDAY 13	NOTES
ADAPTIVE BOXING LIVE WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	RESISTANCE BAND CARDIO WITH DREW GRAHAM EQUIPMENT REQUIRED • RESISTANCE BAND SET & BROOMSTICK 	REST 	<ul style="list-style-type: none">• A water bottle or bag makes a good replacement for dumbbells.• All workouts are saved on the video section of our Facebook page.• Send us the video and you get in the workouts and we will keep track of what videos are to you quickly for

Tribute to Sir Captain Tom Moore



Students from Daventry Hill School pay tribute to Sir Captain Tom Moore.

Chayse:

Sir Captain Tom Moore, who was a former WW2 veteran was treated by the NHS in 2018 for a broken hip.

When the UK, went into lock down for the coronavirus he saw an opportunity to help them out in return for helping him in the past, by completing a 100 laps walk around his garden just before he turned 100 in April 2020.

His walk went onto raise 33 million pounds, from all around the world for the NHS.

Noel:

Captain Sir Tom Moore was born on the 30 April 1920 in Keighley West Yorkshire and died on the 2nd of February 2021.

He served in the Second World War and the Burma Campaign in the Battle of Ramree Island from 1939–1946.

Captain Sir Tom Moore married and had two daughters.

Captain Sir Thomas Moore, popularly known as Captain Tom, was a British Army officer and businessman, known for raising money for charity in the run-up to his 100th birthday on the 30th of April, during the COVID-19 pandemic. Captain Tom Moore raised £33 million (\$45 million) by walking 100 laps of his garden last year but, Tom had a broken hip in 2018, and it was hard for him to do the walk.

Captain Sir Tom Moore was an inspiration to people around the world because he never gave up; Boris Johnson said he was a 'Beacon of Light.'

Upcoming events and activities for your diaries

March 2021

- March 01- National Peanut Butter Lover's Day
- March 01 - 07- Eating Disorders Awareness Week
- March 03- World Deaf Hearing Day
- March 04- University Mental Health Day
- March 08- International Women's Day
- March 16- Disabled Access Day
- March 16- Young Carers Action Day
- March 19- Comic Relief/Red Nose Day
- March 21- World Downs Syndrome Day
- March 26- Epilepsy Awareness Day
- March 19 - April 4- World Autism Week

This month we reviewed disabled artist Mike Korins



Tyler reviewed Bless the Broken Road:

Mike Korins is a young autistic singer who has a fabulous voice and has a YouTube channel. Please click on this link [Mike Korins YouTube channel](#)

He is a wonderful musician who is very talented, and who doesn't let his autism get in the way. He has a powerful voice and range, with smooth tones to his voice. He

writes and sings his own material, as well as performing covers by artists such as The Beatles and Elton John.

Mike Korins is well worth a listen, and despite his autism comes across as a confident performer. This shows how he doesn't let his autism become a barrier to fulfilling his aspirations.

The song I have listened to is 'Bless the Broken Road' which is a cover of 'The Rascal Flats' song. Mike Korins has made the song his own. It is well produced and vocally. I think it is the best cover of a song I heard in a long time. I recommend his YouTube channel for any aspiring singer out there.

Other students commented that the guitar playing was good, the song was the right length and maybe recommend to family and friends.

Other artists

Students also reviewed disabled artists at the [Bored Panda website](#)

Dylan: I thought that Mariusz Kerdzierski was inspiring, because born without arms, he creates amazing art pieces!

Noel: The artist Paul Smith because how he uses a typewriter to make art is amazing.

[Luke's review of Katie Price's documentary about her son Harvey](#)

Disability Rights UK online resources

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

Upcoming free webinars - online meetings



Improving post -16 outcomes for disabled young people in education, training and employment

Yearly DR UK /DSU free conference for careers and enterprise advisers, job coaches, teachers, employers, family carers and others working with disabled young people.

The coronavirus outbreak is currently causing huge upheaval to everyone's lives, but especially to the lives of disabled people. It is a particularly challenging time for disabled young people seeking education, training and work.

We need to work creatively and collaboratively to ensure that good quality information, tools, resources, and best practice are widely shared, and that the best possible support is provided in order to improve opportunities and outcomes going forward.

This two-day online event aims to:

- Provide information on different post-16 options and relevant resources.
- Share best practice on solutions dealing with barriers disabled young people face and reasonable adjustments in work, training, and education.
- Support employers, careers and enterprise advisers, training providers, teachers, family carers and other stakeholders to make their practice and learning and work environments more inclusive.
- Share initiatives to better engage with disabled young people and increase confidence and motivation.

Register [here](#) for **Thursday 25th February 2021** Time: **10.00 am – 3.30pm**

Register [here](#) for **Friday 26th February 2021** Time: **10.00 am – 12.30pm**

Thursday 25 February

- 10.00 Welcome and housekeeping
- 10.05
- Opening address
Kamran Mallick/ Fazilet Hadi DR UK
Poem by Ella Sanderson
- 10.20
- “Inclusive Apprenticeships: The hidden secret.”
Jonathan Smith, Targeted Employment Officer,
Essex County Council
- 10.40
- My Apprenticeship Journey
Scott Noon, Former apprentice
- 11.00
- “Doing things differently - how the pandemic has changed our delivery and focus.”
Julie Benton, Development Manager, Ansbury
Guidance
- 11.20 Break
- 11.30
- “The magic of a strength-based approach-empowering young people to recognise their own brilliance”.
Katherine Jennick, Creator, What's Your
Strength?

- 11.50 • “Practical Tips and Strategies for Employing Disabled Talent.”
Michael Vermeersch, Digital Inclusion Lead, Microsoft
- 12.10 • “Neurodiversity Awareness: supporting neurominority young people into employment.”
Fiona Barrett, Director of Operations, Genius Within
- 12.30 • “Accessible Careers Support for Disabled Candidates”
Jane Hatton, Director, Evenbreak
- 12.50 Lunch break
- 13.20 • “The Why.”
Louise Worts, 14-19 Leader, Daventry Hill School
- 13.40 • “Specialist Employment Service: A Journey to Employment.”
Fay Stoodley, Employment Support Officer & **Sarah Benn**, Contracts Co-ordinator, The Specialist Employment Service, The Education People
- 14.00 • “Why Understanding Motivation and Improving Engagement is Crucial.”
Sarah Stones, Motivation Specialist, Plain Sailing Motivation
- 14.20 Break
- 14.25 “Disabled Students Helpline: Supporting disabled students to achieve their maximum potential through information and advice.”
Rundip Thind, Education Officer, DR UK
- 14.45 • **Sue Jenkins**, Head of Inclusive Learning, Ealing, Hammersmith and West London College
- 14.05 • “Supporting vision impaired students in to and throughout Further Education.”
• **Tara Chattaway**, Student Support Manager, The Pocklington Trust
- 15.25 Feedback and Closing remarks

Friday 26 February

- 10.00 • Welcome and housekeeping
- 10.10 • “Widening access to apprenticeships.”
Anna Morrison, Director, Amazing Apprenticeships
- 10.30 • “Autism in the Workplace - How employers can support individuals.”
Thomas Cliffe, Director, Track
- 10.50 Break
- 11.00 • “Empowering through Vocational Profiles : Starting aged 12 and beyond.”

- Henrietta Still**, Enterprise Coordinator, East Sussex
- 11.20 • “Deaf young people and equal access to communication.”
Martin McLean, Post-14 Policy and Practice Lead, The National Deaf Children's Society
- 11.40 Break
- 11.50 • “What’s Positive and possible during the pandemic.”
Elaine Dale, Director of SEND Support & Nursery, City College of Norwich
- 12.10 • "Online Work Experience at the Financial Times".
Jacqui Dobson, Diversity and Inclusion Partner, Financial Times
- 12.25 Feedback and closing remarks

This conference will have Speech-to-Text Communication Support and BSL interpreters.

Download the conference [speaker biographies](#) and [agenda](#) from the DR UK website

New Year, New Me, New Job Employment Advice Webinars

RNIB and Blind Ambition are very excited to working together, to provide a series of 'New Me, New You, New Job' Employment Advice webinars for jobseekers with sight loss. If you would like to know more and join one of our advice sessions, please click on our [Events](#) section.

Register for our free weekly employment webinars supporting jobseekers with sight loss in lockdown and beyond.

Visit <https://www.blindambition.co.uk/blog/categories/events>

Please email contact@blindambition.co.uk if you have any issues with registration and <https://www.rnib.org.uk/information-everyday-living-work-and-employment/looking-work> for further information.

Divergence Thinking

Our free Offbeat Activism project comprises six online workshops that focus on harnessing your creativity and different ways of thinking to create a social action campaign that addresses issues you are passionate about within your community. Our programme covers a range of topics around social action including: Public Speaking, Video Campaigns, Politics, Networking, and more! This project is suitable for young people from the age of 16 to 25 years old.

<https://www.divergentthinking.uk/off-beat-activism>

Contact us

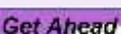


 Email: getahead@disabilityrightsuk.org

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

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

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

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

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

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: getahead@disabilityrightsuk.org

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

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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.

