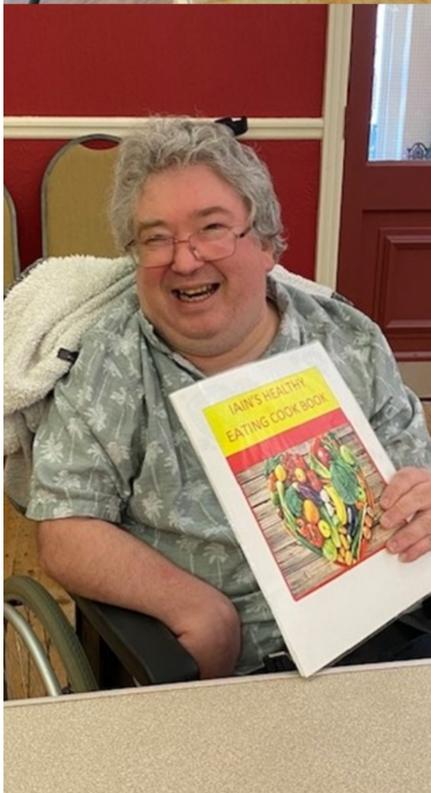




# LISTEN UP WILTSHIRE

Issue 6 - Summer 2022



Messages for Wiltshire  
written & produced by disabled people

This magazine has been written and produced by disabled people in Wiltshire,  
with support from Wiltshire Centre for Independent Living.

Wiltshire Centre for Independent Living is a user led organisation. Our vision is  
for all disabled people to be able to live independently through individual  
choice, control and equal rights. Our mission is to provide the support required  
to do this.

Find out more about Wiltshire Centre for Independent Living by visiting our  
social media or getting in touch..



@WiltshireCIL



@listenupwilts



@WILTSCIL



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To join our mailing list and have the latest ListenUp Magazine sent  
directly to your email, sign up here:

**<https://eepurl.com/hW7Mpv>**

Produced by WCIL User Engagement Team

[www.wiltshirecil.org.uk](http://www.wiltshirecil.org.uk)

[userengagement@wiltshirecil.org.uk](mailto:userengagement@wiltshirecil.org.uk)

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# What is ListenUp Wiltshire?

ListenUp Wiltshire is a campaign that amplifies the voices of disabled people and supports actions that bring about change in the community. This magazine has been written and produced by disabled people in Wiltshire. It is designed as a space for disabled people to have their say and be heard. Through this magazine we hope to both raise awareness; educate Wiltshire and create more inclusive communities.



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## Get Involved

Are you a disabled person living in Wiltshire?

Do you have a campaign or message that you want Wiltshire to hear?

Do you have an article or piece of writing you'd like to feature in our next magazine?

Get in touch with us to find out how you can get involved with ListenUp Wiltshire.

Send us an email to [userengagement@wiltshirecil.org.uk](mailto:userengagement@wiltshirecil.org.uk)  
or contact us via our social media.

# Creative Campaigners

The 4th July - 9th July was national co-production week, ran by 'Social Care Institute of Excellence'.

Co-production is at the heart of our disability campaigns. It is an equal relationship between people who use services and people responsible for them. For us, this means disabled people being at the heart of designing and leading accessible and inclusive communities.



During co-production week, we hosted a workshop for some of our brilliant ListenUp Wiltshire campaigners. It was a great day and gave us all the opportunity to think about what campaigns we want to run in the future.

We started the day by talking about our motivations and reasons behind campaigning.

*"To be a voice for myself and others like me and in my position."*

*"Make a fairer and more equal world."*

*"Share my views and have discussions."*

*"To make changes."*

We thought about the importance of having a clear message to your campaign. We became inspired by learning more about Jonathan Bryan and his Teach Us Too campaign. Jonathan campaigns for children in specialised education settings to be given the same opportunity to learn to read and write as those in mainstream education.



We also received some great tips and advice from Georgina and Kez who are both disability campaigners already doing amazing work.



Kez campaigns locally in Salisbury. Her ambition is for the independent shops in Salisbury to become accessible. She also works alongside the councillors at Salisbury City Council and speaks with them regularly on matters of disability and accessibility around the city.

**@kez\_adey\_disability\_advisor**

Georgina is a disability blogger who focuses on accessibility reviews as well as disability representation in the wedding industry. Her blog, 'disabled travel with Georgina' has over 60 thousand subscribers and is a brilliant tool for any disabled person looking to visit a new destination.

**<https://disabledtravelwithgeorgina.com/>**



# Creative Campaginiers

Inspired and full of ideas, then came time for us to start planning our own campaigns.  
Everyone had different ideas, each stemming from their unique experiences and passions.

***"My campaign is to raise awareness for how to use technology more wisely"***

***"Raise awareness of hidden disabilities"***

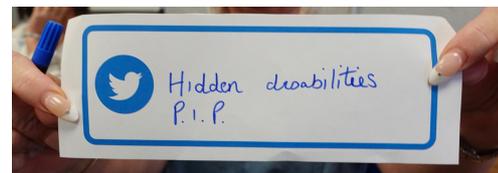
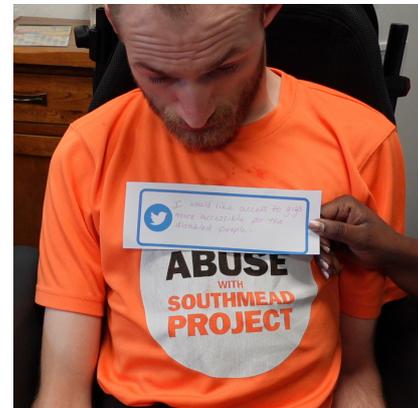
## Our Campaign Ideas

***"I want employers to be more disability aware and employ more disabled people."***

***"I would like gigs to be more accessible for disabled people."***

***"There needs to be more help and support for autistic adults, especially women."***

***"I will campaign for better mental health support."***



An audio version of our magazine is available to listen to on YouTube and Spotify.



YouTube

Search for 'Listen Up Wiltshire Podcast'

[www.youtube.com/playlist?list=PLsd3OLZ3ldRhHi6ot\\_Rb51bcgYPIkXYJx](https://www.youtube.com/playlist?list=PLsd3OLZ3ldRhHi6ot_Rb51bcgYPIkXYJx)



Spotify

Search for 'Listen Up Wiltshire'

<https://open.spotify.com/show/7duBKZi6HvgmdzykRYGBty>

# Where is my care?

**There is a national shortage of carers, support workers and personal assistants (PA) in the UK. In May it was estimated that over 500,000 adults were waiting for social care in England, compared to 294,000 last year. But this problem is more than just numbers and statistics. The care crisis is having a direct impact on disabled people's lives. We sat down with a local Wiltshire man, to share how the care shortage was affecting his life.**

I lead a full and active life. I like spending time with my family, playing sport and going to gigs, but over the last few months I feel like a prisoner in my own home. This is simply because social care is on its knees.

I have a physical disability and need support to live my life. I have a direct payment which means I can employ a personal assistant to provide my care and enable me to live my life. Having a PA was perfect for me because they worked around me, it was very person centred. Unfortunately, my PA which I had for many years left last year. We advertised on social media and various other places, but for me no-one came forward to support me for the hours I need. This has meant that over the past few months, I have instead had to use an agency for my care instead.

It has become really difficult for me to lead the life I used to when I had a PA. The agency cannot cover what I need and although they claim to be person centred, this is not the case. The agency call the shots and leave me with no control over my life. I'm an adult, I shouldn't have a bedtime dictated by somebody else. This should be my choice

For me, being an outgoing person, I'm not able to do the things I like to do. It's become very frustrating, and it hasn't been good for my mental health. This may read like doom and gloom, but this is the reality of social care for me and many other people. I appreciate I am lucky that I have a supportive family and a good job, but I feel like I have no control. I'm not able to make plans in the evening or go out to gigs. I'm stuck.

The entire social care system needs to be overhauled. It needs to be given the same respect and stature as the NHS. Although there are lots of brilliant organisations out there supporting disabled people to have a voice and a life, the people in power are still not listening. Social care needs to be seen as a worthwhile job and a real career choice. We need to give PAs and support workers a decent wage so we can get more people through the door.

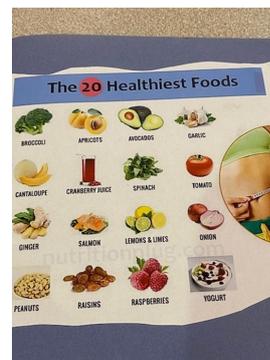
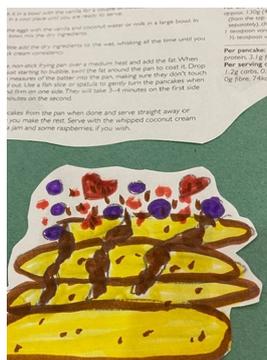
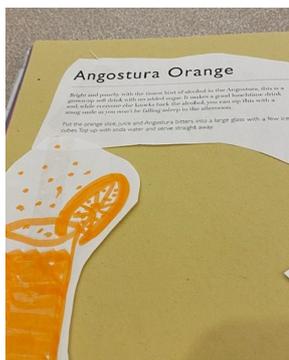
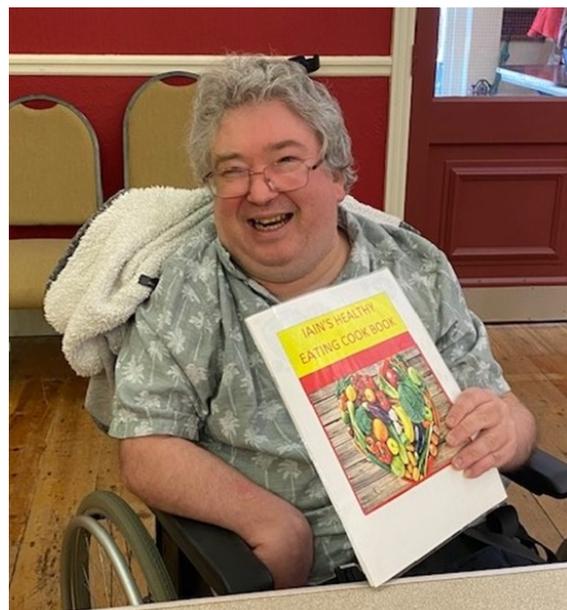
I've had enough.

Change to social care is not something for the future, it needs to happen now. I want to make sure that every disabled person is having the life they want, something every non-disabled person takes for granted.

I just want to live my life. Is that really too much to ask?  
So, I ask again, where is my care?

# Iain's Cookbook

I have collected healthy eating recipes from cookbooks and the internet, charity shops and from my Mum. The idea of the collection is so that I can pass on my recipes to the chef at Shaftesbury Court, Trowbridge, where I live, so she can add them to the menus. I also enjoy helping her to cook some of my ideas too. It is important to me to eat healthy and keep my weight down which in turn makes me feel better about myself as well as keeping me healthy. To have this sort of input and choice is very important to me, it makes me feel valued and listened to.



## Wheeling 'round Wiltshire

The sun has finally made an appearance and summer is here! These long summer evenings are perfect for getting out and enjoying some of Wiltshire's wonderful countryside.

But if you have mobility restrictions, knowing where to find accessible places to enjoy the countryside can be really difficult.

So last year, disabled people from around the county came together and produced Wheeling 'round Wiltshire. It is a free guide full of walks and routes which have been reviewed by other disabled people. It includes photographs of each location as well as information on parking, toilets, refreshments and places to rest.



You can read it by visiting our online bookcase or scanning the QR code,



# Will's Story

**"Drawing is therapeutic, it's relaxing when it goes right."**



My name is Will and I have autism and fibromyalgia.

I used to love drawing when I was younger but approximately 20 years ago I stopped due to confidence issues and being told I wasn't good enough. Also, during a playfight I got my arm hurt by some other kids which pulled the tendons in my wrist, making it hard to draw.

Before COVID, I started going to a Wiltshire Mind social club. I took part in a colouring activity which gave me confidence to draw again.

My first drawing was of Fred Flintstone and I had lots of positive praise about how good it was. It gave me the confidence to do more, especially cartoon characters.



## Access All

BBC Ouch - the disability strand of the BBC which ran for 2 decades has recently had a refresh. It has now been relaunched as BBC Access All and is spearheaded by a weekly podcast hosted by Nikki Fox.

A new podcast episode is released every Friday and can be listened to on BBC Sounds or streaming platforms such as Spotify.



# Commonwealth Games 2022

During July and August, Birmingham will be hosting the Commonwealth Games. This event will see 6,600 athletes from 72 nations and territories compete across 19 different sports. This year also features the largest parasport programme ever seen at the Commonwealth Games.

Since the Manchester Games 2002, parasport has been incorporated into the same schedule as non-disabled sports. This differs from the Olympics where parasports are played at a separate event, the Paralympics.

There are eight parasport disciplines at the 2022 games. Here is our low-down of the programme and the moments you don't want to miss!

**Athletics** - Hannah Cockcroft, 7-time Paralympic and 11-time world champion will make her debut at the Commonwealth Games in T34, wheelchair racing.

**Wheelchair Basketball** - This sport will be making its debut at the Commonwealth Games. It is a quick and intense sport, with games played over a single 10 minute period.

**Cycling** - Sophie Unwin, who was born in Salisbury, will be competing in her Commonwealth debut after taking home a silver and bronze medal at the Tokyo Paralympics.

**Lawn Bowls** - Breaking the tradition of Lawn Bowls being a sport for older athletes, 22 year old Kieran Rollings will be hoping to getting a medal after coming 4th at the 2018 Gold Coast Commonwealth Games.

**Swimming** - Maisie Summers-Newton will be making her debut in the Commonwealth Games. The 19-year-old, is a double Paralympic, World and European champion.

**Powerlifting** - Ali Jawad's will once again be competing for England. Jawad has had a turbulent few years when an exacerbation of his Crohn's disease put his future in the sport in doubt. But he is back in Birmingham and is definitely one to watch.

**Triathlon** - First featured at the Games in 2018, the England triathlon team will be hoping to replicate the 2 gold medals won at the Gold Coast games.

**Table Tennis** - Para Table Tennis veteran, Sue Bailey will be competing in her third Commonwealth Games, having won gold in Manchester 2002 and Melbourne 2006.



The inaugural Commonwealth Games was held in Hamilton, New Zealand in 1930. There are 6 teams who have competed at every games: Australia, Canada, England, New Zealand, Scotland and Wales.



Birmingham 2022 will be the first major multi-sport tournament to award more medals to women than to men.



You can watch the games through BBC Sport with over 200 hours of coverage planned across up to 11 livestreams.

# WiltshireCIL at the movies!

It all started with a podcast! Last year, Kandu Arts for Sustainable Arts signed up to our #MakeSomeoneWelcome Campaign. Kandu Arts do regular podcasts and invited us to create an episode with them. We talked about the role of a personal assistant, the benefits of the job and how it is a great career path.



After the success of the podcast, talks between Wiltshire Centre for Independent Living and Ed and Maja at Kandu Arts began. Soon it snowballed into making a promotional film around 'A day in the life of a PA'. Before we knew it, we were filming!

Maja is a brilliant film maker and managed to turn hours of filming into a 14-minute film. She captured the most poignant aspects of what it's like to be a PA. We were privileged enough to have our film shown in Chippenham cinema as part of Kandu Arts film festival, which we were invited to alongside Wiltshire College students who were also having their work shown on the big screen. We even had the red-carpet treatment!

We had so much fun filming this video and we have lots of ideas to continue our new filming career!

You can watch the film here:

<https://www.youtube.com/watch?v=GtuCcilqsnU>



# Public Living Rooms

Have you ever been to a public living room? Set up by Camerados in 2015, public living rooms are community led spaces for people to come together and simply be themselves. There is no agenda, instead it is a place to spend time in the company of other people and share conversations over a cuppa,

Did you know we have public living rooms here in Wiltshire? Devizes Living Room has been running since September 2021. It runs every Friday at 1pm, either at the Wharf or in the Shambles.

A public living room has recently started up in Malmesbury too, It's open every Tuesday 1.30 - 4.30pm at Malmesbury Library. Everyone is welcome and its a great place to meet new people in your community.

Trowbridge held a pop-up living room on Wednesday 20th July at 2pm in Trowbridge Park. This was a one-off event with the hope of more living rooms happening in Trowbridge in the future.

And that's not all...watch this space to find out about more public living rooms coming to Wiltshire soon! If you want to find out more about Camerados and public living rooms, visit [www.camerados.org](http://www.camerados.org)



**Looking for a rewardable and flexible new job? Come along to The Shires on Sunday 7th August to learn more about becoming a PA!**



## CAREER FAIR

Sunday  
7th August  
2022

Start a rewarding career as a  
Personal Assistant (PA) today!

Working with individuals to help them with various aspects of their daily life, to live as independently as possible.

We're  
looking  
for you.

To find out more about what a PA is, and the roles available, come and chat with us .....



Sunday 7th August 11am-1pm in The Shires, Trowbridge

# DISABILITY PRIDE 2022!

Did you know July is disability pride month?

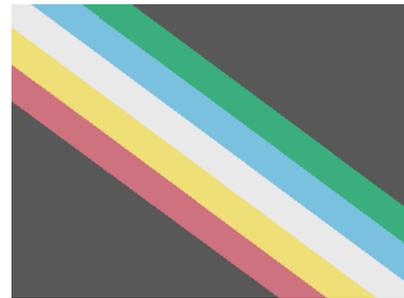
Originating in America in the 1990s, disability pride month is an opportunity to celebrate our diversity, uniqueness and identity as disabled people.

It is also an opportunity to raise awareness of the inequalities and ableism that disabled people still face today.

## **We even have our own flag!**

Redesigned this year to make it more inclusive, our flag has been designed to represent the many aspects to disability.

The black field represents those who have lost their lives, both from illness and as a result of ableism and inequalities.



The parallel lines represent the walls and barriers that disabled people face in society.

And each stripe represents a different type of disability:

Green - Sensory disabilities

Blue - Mental illness

White - Invisible and undiagnosed disabilities

Yellow - Cognitive and learning disabilities

Red - Physical disabilities

Disability pride will mean different things to each of us: Matt, Abbie and Nichola shared what disability pride means to them and why it is important.

Having a disability enables me to see and relate to people in a different way. It has taught me how to empathise with people, to care about what they care about, even if we don't have shared experiences. Working with other disabled people has opened my eyes. It's given me a broader and richer view of the world. If I hadn't had a disability, I wouldn't have met so many brilliant people in my life, including my wife and step-son.

Being disabled is not always easy, but it makes me who I am. It is because of my disability that I have a fire in my belly, to say this isn't good enough. We can do better. Which is why it is as important now as it has ever been to fight for true disability equality. - Matt

Why am I proud to be disabled? I love the fact that I shock people because I am not the stereotypical disabled person. I'm disabled, married and have two children - shocker!! But surprising people and going against all the stereotypes makes me proud to be disabled.

Having a disability isn't always a walk in the park and believe me, I still learn something about myself most days! I love being able to show others with disabilities that you can still do normal things, get married, have children, and why shouldn't we?

Unfortunately we still do have to live with stereotypes, prejudice and discrimination, but you have to see it as an ignorance thing, if only people took the time to learn and talk then there wouldn't be such issues. For me, I wouldn't change who I am. I have to live with it so I have learnt to be proud of it and the hurdles I have overcome - Abbie.

Since becoming disabled, I have realised that prior to my chronic illness, I have almost certainly said and thought things that are ableist.

Comments like 'you don't look disabled,' 'everyone gets tired,' and 'you just need to be more positive.'

Although these remarks may seem harmless and are often said with good intentions, they can be incredibly hurtful.

Disabled people often hear "advice" or hurtful comments, even from the people closest to them. The world is full of different opinions and attitudes and we can't always choose who we come into contact with. We can however, choose to learn. We can ask ourselves; how would I want to be treated if that were happening to me?

I am proud of my disability and chronic illness because they have taught me so much. They have taught me to live without judgement, to spread kindness, to actively learn more about things I don't understand.

They have shown me that there is joy to be found in every day. That there are amazing communities of support just a click away. And that we as people are all capable of so much more than we think we are.

My disability has made me work on and improve myself, to challenge my thoughts, preconceptions and opinions and to approach life with an open mind.

My disability has made me who I am today, and for that I am forever proud and thankful. - Nichola

# Activist Historians with Learning Disabilities Claiming Our Own History

Hosted by Birkbeck University, Raphael Samuel History Centre, this was a fascinating and thought-provoking event that highlighted the new wave emerging of people with Learning Disabilities taking ownership and telling their own stories.

Paul Christian shared his experience of being motivated by the Black Lives Matter movement to explore the history of black people with Learning Disabilities.



He is passionate about addressing the big gap in the history of Learning Disabilities, in particular black people, as these are often missing from history. Paul wanted to do work to that would help Black people with Learning Disabilities to be heard and be part of history. Part of Paul's research was a study to trace missing Black stories about people who were admitted to the old institutions.

Paul also talked about how the project shows "how people with learning disabilities are coming together to learn about black history and to help to stop racism.

You can find out more about Paul's work and read the article he co-wrote for the British Journal of Learning Disabilities

<https://onlinelibrary.wiley.com/doi/full/10.1111/bld.12459>



## Finding Grace Eyre.



Nathanial told us how when he was growing up no one really talked about Autism and Learning Disability, but when he went to University at Brighton he learned about this. He met the Grace Eyre foundation through the Prince's Trust, and found a culture of acceptance and celebration of difference. He then became involved in the Finding Grace Eyre project.

He talked about how in 1898 Grace Eyre helped disabled young people to go on holidays at a time when most were not able to. Many asked if they could leave the hospital they lived in after experiencing a holiday. Farms were set up for young men to learn, develop independence and be part of their community. This eventually led to the Shared Lives movement.



# Activist Historians with Learning Disabilities Claiming Our Own History

Interestingly Nathaniel talked about how, although Grace had the best intentions there was a fear of letting people have opportunities to grow into independence. Grace referred to the people that lived on the farms as 'children'. This was partly born out of a desire to care and protect. This was an issue in Grace's time, and something that is still an issue all these years later.

You can find out more about this research at [cl-initiatives.co.uk](http://cl-initiatives.co.uk) then search for finding Grace Eyre.

It was a fascinating insight into Activist Historians and how history can be used to help people understand the world and fight for a different world. To look at how things used to be and use this to campaign for equal rights, for example young people with learning disabilities are still often discouraged from having relationships.

**To quote another guest at the event "History shows that it is not the person who is flawed, but societal attitudes"**

## A day at Naidex

Naidex is a disability exhibition held each year at the NEC in Birmingham. After 2 years off due to COVID, the annual event was back this year and took place between 6th-7th July.

There were over 130 different exhibitors, ranging from mobility equipment to travel advisors, daily living aids to accessible campervans - all centred around disability and independent living.



With so much on display, it's a great place to go and try out different mobility aids and assistive devices to find something that works for you. There was even an opportunity to try out a new sport with an accessible climbing wall.

There were many different speakers and presentations throughout the day covering topics such as assistance dogs, education and employment, sex and disability and creative cooking. There were also several performances from choirs and bands.

**Interested? Naidex will be back next year on 22nd & 23rd March at the NEC. Tickets are free, so why not come along?**



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<https://fliphtml5.com/bookcase/siouh>



To join our mailing list and have the latest ListenUp Magazine sent directly to your email, sign up here:

<https://eepurl.com/hW7Mpv>



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0300 1233 442

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[www.wiltshirecil.org.uk](http://www.wiltshirecil.org.uk)  
[userengagement@wiltshirecil.org.uk](mailto:userengagement@wiltshirecil.org.uk)  
Charity No 1120611 Company No 5480761