



The Diversity Trust CIC – DISABILITY AWARENESS Supplementary Materials (v1.1)

Below are some recommended course materials to supplement the Disability Awareness Training with [The Diversity Trust CIC](#). These are to enhance and enrich your learning experience and can be reviewed at your leisure both pre- and post-course.

ALL COURSES

Watching

We recommend that everyone reviews these short videos as they focus on the absolute fundamentals for why there's still so much work to be done to address deep seated inequalities.

- [Doll Test](#) demonstrates how racism and prejudice starts in childhood
- [#NoBystanders](#) - what happens from when prejudice starts in the playground (Stonewall)
- [Unconscious Bias](#) – powerful video of Yassmin Abdel-Magied's TEDx talk delving into this topic
- [Not putting people in boxes](#)

DISABILITY AWARENESS

Watching

- [I'm not your inspiration, thank you very much](#) – In this very funny talk at TEDxSydney, Stella Young, comedian and journalist, breaks down society's habit of turning disabled people into "inspiration porn".
- [The Social Model of Disability](#) - This animated video from Toucan University provides an excellent introduction to both the medical and the social models of disability.
- [What is a learning disability?](#) – Mencap video.
- [The cost of failing to design accessibly](#) – In this TED talk, writer and disability rights advocate Kings Floyd illustrates the personal costs of society's failure to implement accessible design, shedding light on the direct link between thoughtful infrastructure and an increased connection between friends, families and communities.
- [Re-imagining 'special' educational needs- Emily SENDs her love](#) – Elizabeth Wright, Disability Allyship Specialist, at her TEDx NorwichED. Emily is a SEND (Special Educational Needs & Disabilities) child, regularly bullied for her difference, her self-confidence was low. Hearing Elizabeth's story changed Emily's outlook. By focusing on her internal strengths and resources, Emily realised she could step out of the shadow of disability, and she saw an exciting future ahead of her.
- [The perks of being a pirate](#) - In this deeply charming and humorous TEDxSydney talk, DJ and self-professed pirate Tom Nash meditates on how facing adversity due to disability invited patience, ambition and pragmatism into his life in enlightening, unexpected ways.



Reading

- [The Social Mode of Disability](#)
- Ableism - [What is ableism?](#) and [the harmful ableist language you unknowingly use.](#)
- [History of Disability Rights and Movement](#)
- [Collection of 22 impairment specific briefings](#) – Hosted by the Business Disability Forum, this wide-ranging collection includes multiple topics such as Asthma, HIV, Stammer, Bowel Conditions and Diabetes.
- [People Manager Guides](#) – Business Disability Forum’s People Manager Guides reflect the ever-changing working practices in the office, stores, on-site and remotely (available for purchase).
- [Making meetings accessible - 10-point meeting checklist](#)
- [Disability News Service](#)- Launched in 2009 by John Pring, a disabled journalist keen to address the absence of in-depth reporting in both the specialist and mainstream media on issues that affect the lives of disabled people.
- [Disabled activists are prepared for prison after clampdown on right to protest](#) – UK news, December 2021.
- [‘You can make money out of us’: the disabled people demanding more accessible travel and tourism](#) - The Guardian, December 2021.
- Facts and figures about disabled people in the UK – [some info from Disability Sports](#), [more from the charity, Scope](#) and [health and social care](#) via the Office of National Statistics.
- [Strictly Come Dancing shone a spotlight on deafness and diversity](#) - The Guardian, December 2021.

More In-depth...

- [Threads of Commonality in Transgender and Disability Studies](#) – Written by student-author Ashley Mog in Disability Studies Quarterly
- [Global Trend Reports](#) – a series of downloadable global trend reports brought to you by The Valuable 500.
- [Conscious Being magazine](#) - The magazine by disabled women and non-binary people (subscription).
- [Disability Review Magazine](#) (subscription)
- [Spooniehacker](#) - UK-based indie lifestyle mag by and for disabled, sick and neurodiverse people.
- Equality & Human Rights commission’s [Publications Library](#) – For the latest UK reports, briefing papers and more (search is filtered using the term ‘disability’).
- [Removing societal barriers for disabled people with energy-limiting conditions](#) – Report on the findings from a survey on social change among people with energy-limiting chronic illness and energy impairment by Chronic Illness Inclusion and Disability Rights UK (December 2021).
- [Able](#) – Disability lifestyle magazine.



Listening

- [The Diversity Trust's Equalities Podcast episode] [Disability Equality with Samantha Renke](#)
- [Disability Crosses Borders](#) - This is a home for the stories where disability, migration and culture meet. Hosted by disabled migrant Áine Kelly-Costello, it centres on the lived experience of disabled people as we move between places and cultures.
- [#PartofMe - The Celebrating Disability Podcast](#) - Disabled People share their experiences of the workplace. Offering tips and advice for disabled employees, managers and business owners. Hosted by Esi Hardy (short episodes, c20-30 mins).
- [Disability at the Table](#) – A podcast hosted by Mark Webb that celebrates disability in the workplace. Once a month, there are stories of best practice, inclusiveness and allyship in the PR and creative industries.

An excellent podcast list that we've shamelessly borrowed from, pulled together by [Andrew Pulrang in this Forbes article](#). Here goes:

- [The Disability Visibility Podcast](#) - This is life from a disabled lens. Disability Visibility is a podcast hosted by San Francisco night owl Alice Wong featuring conversations on politics, culture, and media with disabled people.
- [Ouch!](#) – The BBC's own podcast: the place where the real disability talk happens. Interviews, life hacks and things you don't say out loud. With Simon Minty, Kate Monaghan and the Ouch team.
- [Barrier Free Futures](#) - Episodes reflecting health, home/community living, arts/entertainment, legislation, technology, sports and recreation, education and employment activities, events and resources affecting persons with disabilities from a wide range of ages, ethnic and economic backgrounds. US focus, globally relevant.
- [Down to the Struts](#) – Hosted by Qudsiya Naqui, this is a podcast about disability and design, where we uncover the building blocks for a more inclusive world. US focus, globally relevant.
- [ListenABLE](#) - Challenge what you think it's like to live with disability. Hosts Dylan Alcott and Angus O'Loughlin speak to people living with disabilities about their lives and ask them the questions you thought were off-limits. Australian-based, globally relevant.

Covid-19 and Disability

As the pandemic has been universally significant, it merited a standalone section.

- [Are your work from home options accessible?](#) – By Emily Goss on The Diversity Trust blog
- [report] [The impact of coronavirus and associated policies on people with chronic illness](#) (2020). The survey co-ordinated by Chronic Illness Inclusion was open to anyone based in the UK living with at least one chronic condition. This evidence brief is based on 776 responses.

Resources & Events

- [Global Accessibility Awareness Day \(GAAD\)](#) – 19th May - The purpose of GAAD is to get everyone talking, thinking and learning about digital access and inclusion, and the more than One Billion people with disabilities/impairments.
- [International Day of People with Disabilities](#) – On 3rd December in 2021.
- [Rare Disease Day](#) – 28th February each year (unless a leap year, when it's on the 29th).
- [UK Disability History Month](#) – 18th November – 18th December.



- [Neuroclastic](#) – a website run by and for the autistic community with a focus on neurodiversity, mainly US-based, a range of viewpoints by highly informed contributors. Lots of relevant info in the [Resources](#) section.
- [Learning Disability Week](#) – One week each year during June. This is how [Mencap celebrated 2021 Learning Disability Week](#).
- [Global Equality Collective](#) – The world’s first app for diversity and inclusion.
- Disability Right’s UK extensive list of [fact sheets and guides](#) (helping people to navigate many issues, including the bureaucratic maze of rights and benefits).

Further Support

- [Dimensions UK](#) - Supporting people with learning disabilities, autism and complex needs to live ordinary lives in their local communities.
- [Chronic Illness Inclusion](#) - A Disabled People’s organisation leading social change for people with energy-limiting chronic illness, energy impairment and chronic pain.
- [Disability Rights UK](#) - The UK’s leading organisation led by, run by, and working for Disabled people. They work with Disabled People’s Organisations and Government across the UK to influence regional and national change for better rights, benefits, quality of life and economic opportunities for Disabled people.
- [Business Disability Forum](#) – UK-based organization creating a disability-smart world together.

Campaigning

- [Activism and Campaigning](#) - A round-up of the latest activism and campaigning courtesy of Disability News Service and [8 disability rights activists changing the world for disabled people](#) (article in Able magazine).
- [The Valuable 500](#) – This is a global business collective made up of 500 CEOs and their companies, innovating together for disability inclusion.
- Disability Rights UK is actively involved in [multiple campaigns](#), both their own and as a partner. Take a look at [Prescription Charges Coalition](#) and [Disability Confident](#), a joint campaign in partnership with the Department of Work and Pensions for employers.
- [#WeThe15](#) - WeThe15 is sport’s biggest ever human rights movement to end discrimination. We aim to transform the lives of the world’s 1.2 billion persons with disabilities who represent 15% of the global population.
- [Disabled Motoring UK campaigns](#)
- [5 Simple Ways To Support Disability Activism](#) – by Andrew Pulrang on Forbes
- [The Framing Equality Toolkit](#), [The Debunking Handbook](#), the [Campaign Bootcamp](#) and how to build movements ([free canvas resource downloadable](#) from the Social Change Agency).

And finally...

- More resources and support <https://www.diversitytrust.org.uk/further-support/>
- Read our blog posts <https://www.diversitytrust.org.uk/category/blogs/>
- Watch our podcast episodes <https://www.diversitytrust.org.uk/category/podcast/>
- Subscribe to our newsletter <https://www.diversitytrust.org.uk/subscribe/>
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