



EQUALITY DIVERSITY INCLUSION



MY LIVED EXPERIENCE

I lost all my summer holidays from the age of 15 to symptoms of my disability.

I was misdiagnosed for the first 10 years of my life which caused me to miss out on several years in which I could have been receiving treatment.

What do I want people to know?

The version of me which you see today is the product of a continuous effort over several years, you may not know what someone has had to overcome but this should still be considered.

If a disabled person completes a task in a way you find strange, it is not your place to comment on it as that is the result of natural adaptations to physical challenges.

What does good look like for the future?

Being more open regarding disability and mental health, they are not dirty words or ideas but rather a natural part of life. Without disability/mental health problems in society I feel we would have such a shallow view of the world, Disabled people provide insights into social policy and procedure which would never be considered.

