

YORK

Disability Week



Pete, York's first and finest learning disabled Elvis impersonator says ... 'have a great York Disability Week 2022, Uh Huh Huh!...

26th November to 3rd December 2022



International
Day of
Persons with
Disabilities
3 DECEMBER

<https://idpwd.org/about/>

2022 marks thirty years since the United Nations first announced an international observance of International Day of Disabled People to be held each year on 3rd December. Here in York we mark it with a week long programme of events and also celebrate Disability History Month.

International Day is not owned by the UN – it is owned by everyone: people, organisations, agencies, charities, places of learning, all of whom have a vital role to play in identifying and addressing discrimination, marginalisation, exclusion and inaccessibility that many disabled people face. It is one day on the international calendar, yet it symbolises the actions we should take every day, in order to create diverse and accepting communities here in York and beyond.

The UN urges communities to **Celebrate** disabled people by recognising and valuing the diversity of our global community, and cherishing the role we all play; to **Learn** – to understand and learn from the experiences of disabled people; to **Be Optimistic** – and look towards the future and the creation of a world where a person is not characterised by their disabilities, but by their abilities; and, importantly, to **Take Action** – whereby all people, organisations, agencies and charities not only show their support but take on a commitment to create a world characterised by equal human rights.

So do join us for York Disability Week 2022!



16th November to 16th December 2022

<https://ukdhm.org/>

YORK DISABILITY WEEK 2022

26th NOVEMBER TO 3rd DECEMBER

Promoting an equal, inclusive and accessible York

Welcome to the sixth York Disability Week! We hope you enjoy our community programme for disabled and non-disabled people alike with something for everyone!

With Covid-19 still being very much in our lives, some events are available online. Please contact event organisers direct to check their covid safety measures for in-person events. Also, disgracefully, the permanent ban on disabled people using their blue badge to enter the city centre for most of the day remains in place. So all but one of our in-person events are outside that area to make sure blue badge holders can get to them. Let's hope the ban is overturned for next year!

We want as many people as possible to take part so **if you need any practical or financial assistance in doing so, please get in touch and we'll try to help.** At the back of the programme is information about regular events open to disabled adults and children in York, financial help and advice, and help with getting online.

Finally, if you're interested in volunteering to get involved in planning next year's programme, get in touch! You'll be very welcome!

The Planning Group for the 2022 Programme.

All programme details were correct at the time of going to press. For updates and any late entries check our website at www.yorkdisabilityweek.org

-  @YorkDisabilityWeek
-  @YorkDisability
-  @York_Disability
-  disability@yorkhumanrights.org
-  01904 702060



PROGRAMME AT A GLANCE

PRE PROGRAMME EVENTS	
Thursday 24th November 6:30 pm – 7:30 pm	York Disability Rights Forum's AGM and 'Looking Back, Looking Forwards'
Friday 25th November 10:00 am – 2:00 pm	Carers' Rights: Planning for your future
Friday 25th November 7:00 pm – 10:00 pm	Poetry for All
PROGRAMME EVENTS	
Saturday 26th November 1:30 pm – 2:30 pm	MySight York: Sensory Storytelling Event for children and young people
Sunday 27th November 6:00 pm – 7:00 pm	Sustainability and Disability - Barriers and Opportunities
Monday 28th November 2:00 pm – 3:00 pm	Sharing the challenges of living with hearing loss at home, work and socially: discussing some solutions
Monday 28th November 11:00 am – 12:00 pm	Finding Fulfilment When Living With Fatigue
Tuesday 29th November 12:00 pm – 12:45 pm	Supported Employment: removing barriers to employment for disabled people
Tuesday 29th November 1:00 pm – 2:00 pm	Why making your website digitally accessible is essential
Tuesday 29th November 1:00 pm – 2:00 pm	City Centre wellbeing walk
Tuesday 29th November 5:30 pm – 6:30 pm	Driving with a medical condition
Thursday 1st December 10:00 am - 12.30 pm	'Let's Get Together and Be Heard'. A social and information session for anyone from the Learning Disabilities Community in York

Friday 2nd December 10:00 am – 12:30 pm	Disability Confidence training for York Businesses
Friday 2nd December 11:00 am – 12:00 pm	Eleanor Worthington Prize Giving Event: Disability and Technological Innovation
Friday 2nd December 11:00 am – 12:00 pm	Fishergate Wellbeing Walk
Friday 2nd December 1:00 pm – 3:00 pm	Sign Supported Communication: Learn the basics
Friday 2nd December 7:00 pm – 9:00 pm	'Can-do-Disco'

EXHIBITIONS

Saturday 26th November 2022 - Thursday 16th February 2023	Twenty Years of Speaking Up, Self Advocacy and Learning Difficulties. A History of York People First, in Photos and Easy Read.
Saturday 26th November 2022 - Thursday 16th February 2023	Eleanor Worthington Prize 2021 Exhibition 'Disability and Technological Innovation' at York Explore
Friday 2nd December 2022 - Tuesday 3rd January 2023	Eleanor Worthington Prize 2021 Exhibition 'Disability and Technological Innovation' at York Hospital

'WATCH AGAIN' EVENTS

Unlikely History of Disability Arts
Countdown to Success: Marathon runner Charlotte Ellis in conversation
Journey to being active - Mo Onyett and Beth Moulam

PRE PROGRAMME EVENTS

Event	York Disability Rights Forum's AGM and 'Looking Back, Looking Forwards'
When & Where	Thursday 24th November 6.30pm - 7.30pm Online Zoom Event
Cost	Free - please book though Eventbrite https://tinyurl.com/mu8sk2nc or phone 01904 326781
About	All are invited to York Disability Rights Forum's first AGM. If you're a member, it's your chance to elect the Steering Group or to stand for election yourself. Members and supporters will hear what we've been doing over the past year and discuss what you'd like us to do moving forwards. Led by disabled people, our aim is to make a difference for disabled people in York! Come and join us!
Access	Zoom automated captions. BSL interpreter. Contact us about any other access needs and we'll do our best to meet them.
Organiser	York Disability Rights Forum - led by disabled people to promote equal access to human rights for all disabled people who live or work in York ✉ hello@ydrf.org.uk ☎ 01904 326781 🌐 https://ydrf.org.uk 📘 @yorkDRF 🐦 @YorkDRF



Event	Carers Rights: Planning for Your Future	
When & Where	Friday 25th November 10.00am - 2.00pm Priory Street Centre, 15 Priory Street, York, YO1 6ET	
Cost	Free - please book in advance by phoning 01904 715490 or emailing Events@yorkcarerscentre.co.uk	
About	'Planning for Your Future' is a session where unpaid carers can hear practical advice about planning future care, legal, financial and other matters from a range of experts. There will be opportunities to talk individually to the speakers. Refreshments and lunch included.	
Access	Wheelchair accessible venue and toilets; hearing loop; two Blue Badge parking bays and some on-street parking; BSL interpretation (please book this by Mon 7th Nov).	
Organiser	York Carers Centre:  @yorkcarers  @yorkcarers  @yorkcarerscentre  www.yorkcarerscentre.co.uk	 York Carers Centre Free Support for Unpaid Carers

"Disabled people are a part of society. The time to end the discrimination that prevents us playing a full part in the life of the city is long overdue."

Tom Shakespeare CBE, internationally acclaimed disabled academic and regular contributor to Radio 4's 'A Point of View' writing about the Blue Badge ban in York

Event	Poetry For All
When & Where	Friday 25th November 7.00pm - 10.00pm  <p>The National Centre for Early Music, St Margaret's Church, Walmgate YO1 9TL</p>
Cost	<p>£7 general admission / £5 concessions, carers free, service dogs welcome.</p> <p>Book online at NCEM (https://www.ncem.co.uk/Events/poetry-for-all/), EventBrite (https://tinyurl.com/25my3cen) or pay at the door.</p>
About	<p>'Poetry for All' is the UK's accessible poetry event for anyone facing barriers to enjoying poetry. Great acoustics; BSL interpretation; big screen projection of all poems. Come join us and feel included! Please note that this is not an 'open mic' event but is instead using invited poets only.</p>
Access	<p>On-street parking with a blue badge; some off-street parking; steps free level entry; BSL interpretation; accessible toilets.</p>
Organiser	<p>Sponsored by Make It York & Stairwell Books.</p> <p>Stairwell Books</p> <p> @StairwellBooks</p> <p> @StairwellBooks</p> <p> https://en-gb.facebook.com/StairwellBooks/</p> <p> https://www.stairwellbooks.co.uk</p> <p>National Centre for Early Music:</p> <p> @yorkearlymusic</p> <p> https://www.facebook.com/yorkearlymusic/offers/?ref=page_internal</p>



PROGRAMME EVENTS

Event	MySight York: Sensory Storytelling Event for children and young people	
When & Where	<p>Saturday 26th November 1.30pm – 2.30pm</p> <p>In person event at MySight York, 14 Merchants Place, Merchantgate, York, YO1 9TU</p>	
Cost	<p>Free but advance booking required by phoning 01904 636269 or emailing Vicky.smith@mysightyork.org</p>	
About	<p>The MySight York sensory storytelling session is specially planned for children and young people with a visual impairment and their siblings. Suitable for 0-10 year olds but may also be suitable for some older children so do ask. Support by ToyLikeMe https://www.toylikeme.org/ and funded by Thomas Pocklington Trust.</p>	
Access	<p>Wheelchair accessible; step free access; accessible toilets; blue badge parking in multi-storey Coppergate Centre carpark opposite.</p>	
Organiser	<p>MySight York, 14 Merchants Place, Merchantgate, York, YO1 9TU</p> <p>✉ Vicky.smith@mysightyork.org</p> <p>☎ 01904 636269</p> <p>🌐 www.mysightyork.org</p> <p>📘 www.facebook.com/mysightyork</p> <p>🐦 www.twitter.com/mysightyork</p>	

"Accessibility allows us to tap into everyone's potential."

Debra Ruh, founder of TecAccess,
disability rights advocate



Event	Sustainability and Disability - Barriers and Opportunities
When & Where	<p>Sunday 27th November 6.00pm – 7.00pm</p> <p>Online Zoom Event</p> 
Cost	Free. Please book by emailing sj1080@york.ac.uk by 21st November if possible. The zoom link will then be sent to you
About	What are the barriers and opportunities for disabled people to have their say on sustainability? What gets in the way of getting involved? And what is more likely to ensure full involvement? In this talk and discussion, I will outline some of what I have been delving into and what I hope to do as part of my PhD at the University of York. My passion for sustainability and work as a social care worker for children and young people with wide ranging disabilities, have inspired this research.
Access	Zoom automated captions. BSL interpreter may be possible - let organiser know if you need this. Also the slides and a script (in a word document) will be emailed to participants prior to the Event.
Organiser	<p>Srish Jain, PhD student at the University of York</p> <p>✉ sj1080@york.ac.uk</p>

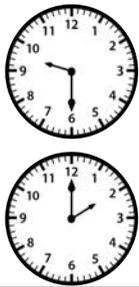
"Inclusion is not bringing people into what already exists, it is making a new space, a better space for everybody"

Rachel Olivero

Event	Finding Fulfilment When Living With Fatigue	
When & Where	Monday 28th November 11.00am - 12.00pm Online Zoom Event	
Cost	Free - book via Eventbrite https://tinyurl.com/4duzt7jk	
About	<p>Living with fatigue in this fast-paced world is tough. However, living with an Energy Limiting Condition over the past decade has taught me many valuable things about how to find joy and fulfilment in and amongst my long-term illness. Through this session we'll explore pacing, compassionate goal setting, using mobility aids, and self-acceptance... all in the name of helping you to establish your own path towards a more fulfilling life that truly feels like your own.</p>	
Access	Zoom automated captions; BSL.	
Organiser	<p>Pippa Stacey is a disabled writer, influencer, and presenter based in York. She's an award-winning blogger, and also works in communication consultancy in the charity sector. For the last two years, Pippa has been named in the Disability Power 100 as one of the most influential disabled people in the UK. She hopes to use her platforms to help pave the way for people wanting to live a happy and fulfilling life alongside long-term illness.</p> <p>  @lifeofpipppa  @lifeofpipppa_  https://www.lifeofpipppa.co.uk/  https://www.linkedin.com/in/pippa-stacey-54367bb7/  https://www.youtube.com/channel/UCtSASwjgt38WvSLcdMf6_Q </p>	 

Photo by Eleanor Martin Photography

Event	Sharing the challenges of living with hearing loss at home, work and socially: discussing some solutions	
When & Where	<p>Monday 28th November 2.00pm – 3.00pm</p> <p>St Sampson's Centre, Church St, York YO1 8BE Tel: 01904 652247; https://stsampsoncentre.co.uk/</p> <p>At the time of printing, this event is 'in person' only but options for also including online participation are being explored. Contact the organiser for more details.</p>	
Cost	<p>Free - book through Eventbrite https://tinyurl.com/bdhks7yt or phone the organiser. Some places may be available on the day if there is space.</p> <p>THIS EVENT IS OPEN TO ALL AGES</p>	
About	<p>This talk will provide practical suggestions that can be helpful in many situations for individuals with hearing loss at all levels. I was born severely deaf and lost further hearing 6 years ago. During this transition I discovered many techniques and resources that are relatively unknown yet make a huge difference for inclusion. I would like to share some of my learning, which is ongoing, as others share what works for them. Technology is moving rapidly with many new opportunities provided by smartphones and apps on computers.</p>	
Access	<p>Small step to front entrance; accessible toilets; BSL interpreter. Dial A Ride can drop people at front entrance.</p>	
Organiser	<p>Rachel has years of experience working in different sectors. Our training at Living 4 Moments is based on lived experiences and research into best practices, including accessibility and empowering individuals to make choices that matter to them.</p> <p>✉ rachel.barber@living4moments.com</p> <p>☎ 07379 433707 🐦 RachelB63364142</p> <p>🌐 www.living4moments.com</p> <p>🌐 Linkedin.com/in/rachel-barber-❤❤-29675b105</p>	

Event	Learn how to access free E-audiobooks using the Explore Libraries' Libby app in 1:1 sessions	
When & Where	<p>Tuesday 29th November</p> <p>9.30am – 11.30am Acomb Explore Library, Front Street, Acomb, York, YO24 3BZ</p> <p>2.00pm – 4.00pm - Tang Hall Explore Library, The Centre @ Burnholme, Mossdale Avenue, York, YO31 0HA (note this is not the old Tang Hall library which is now closed)</p>	
Cost	<p>Free - book via phone for Acomb Explore Library on 01904 552651 and Tang Hall Explore Library on 01904 552655 or email digital.inclusion@york.gov.uk to book attendance at either.</p>	
About	<p>Join '100% Digital York' for a free, 1:1 E-audiobook session, showing you how to access free audiobooks through the Explore Library Libby app. No prior knowledge needed. Either bring along your own smartphone or tablet (if you have one) or learn via one of our devices.</p>	
Access	<p>For Acomb Explore Library: First York buses 1, 4 and 5 from the railway station. Free car park with one blue badge bay; wheelchair accessible; accessible toilets; hearing loop.</p> <p>For Tang Hall Explore Library: First York bus 11. Free car park with drop off point by the entrance plus four blue badge bays. On street parking also available. Wheelchair accessible; accessible toilets; hearing loop.</p>	
Organiser	<p>100% Digital York is a partnership of organisations, community groups and charities that share an ambition that everyone in the city has the choice and opportunity to get online and to know where to access digital support when they need it.</p> <p>Grace Ogden</p> <p>☎ 01904 552651 ✉ digital.inclusion@york.gov.uk</p> <p>🌐 100% Digital York page on www.livewellyork.co.uk</p> <p>🐦 @100DigitalYork</p> <p><i>See also back pages of programme</i></p>	 

Event	Supported Employment: removing barriers to employment for disabled people	
When & Where	Tuesday 29th November 12.00pm - 12.45pm Online Zoom Event	
Cost	This event is free to attend, but limited to 50 participants. Book via Eventbrite: https://tinyurl.com/38rjfp6p	
About	United Response Supported Employment Service in York provides a free service to employers who would like to recruit and retain a diverse workforce. This lunchtime seminar is an opportunity for employers to learn about the benefits of hiring a diverse workforce and well as tips for inclusion.	
Access	Zoom automated captions	
Organiser	Emily Collins - United Response ✉ emily.collins@unitedresponse.org.uk ☎ 07721 241866 🌐 https://www.unitedresponse.org.uk/communitygroup/employers/ 🌐 http://linkedin.com/in/emily-collins-9535a51ab	

"If I have to feel thankful about an accessible bathroom, when am I ever gonna be equal in the community?"

Judith Huemann, disability rights advocate

Event	Why making your website digitally accessible is essential	
When & Where	Tuesday 29th November 1.00pm - 2.00pm Online Zoom Event. Please book via: https://tinyurl.com/3y6ejj2k	
Cost	Free	
About	<p>A workshop on why making your website digitally accessible is essential for every organisation or business. If you haven't considered digital accessibility then disabled people will be struggling to use your website or app. Disabled people make up 20% of the population. In this illuminating and entertaining session Adi Latif of AbilityNet and IAAP Certified Professional in Web Accessibility will take you on a journey where you will experience what websites and apps are like from a disabled person's perspective. The world of digital accessibility will be demystified 1 slide at a time and you will leave with a profound feeling of an hour well spent.</p>	
Access	Zoom automated captions.	
Organiser	<p>York CVS in partnership with York Disability Rights Forum - www.ydrf.org.uk</p> <p>  @YorkCVS  @YorkCVS  01904 621113  https://www.yorkcvs.org.uk </p> <p>  https://abilitynet.org.uk/ </p>	  

Event	City Centre Wellbeing Walk
When & Where	<p>Tuesday 29th November 1.00pm - 2.00pm</p> <p>Museum Garden Gates, Museum St, York YO1 7FR (what3words location ///enhancement.drums.commented)</p> <p><i>See also Fishergate Wellbeing Walk on 2nd December</i></p>
Cost	Free. Please book via https://movemates.org.uk/my-Events/ or phone 01904 373017
About	Our group walks are aimed towards people who prefer not to walk very far or fast. They are for anyone who would like to get some fresh air, get moving and all with some good, friendly company. The walk will be approximately one mile and at a very gentle pace, with plenty of opportunity to sit and chat along the way. This walk is flat and all tarmac, with no uneven surfaces to negotiate. It is suitable for people using mobility aids or self-propelled wheelchairs. We also welcome friends, family or carers if you would like to have somebody with you for assistance.
Access	Accessible for those with mobility aids and wheelchairs. For any enquiries, including about its suitability for you or details of nearest blue badge parking, please contact us via the information below.
Organiser	<p>Move Mates:</p> <p>✉ york@movemates.org.uk</p> <p>📷 @mtmcharity</p> <p>🐦 @move_mates</p> <p>📘 @MTMcharity</p> <p>☎ 01904 373017</p> <p>🌐 https://movemates.org.uk/my-Events/</p>



Event	Driving with a Medical Condition
When & Where	<p>Tuesday 29th November 5.30pm - 6.30pm</p> <p>William Merritt Centre, Unit 6, Westminster Business Centre, 10 Great North Way, Nether Poppleton, York, YO26 6RB</p> 
Cost	Free - Please book in advance via Eventbrite https://tinyurl.com/2p9hc947 or phone 0113 3508989 or email info@wmdlc.org
About	The William Merritt Centre is a member of 'driving mobility' and we carry out medical fitness to drive assessments, passenger/driver access assessments, offer driving lessons and look at solutions for stowing wheelchairs/scooters within vehicles for both provisional and full licence holders. We assess how an individual's medical condition is impacting on their ability to drive and look for solutions to keep people driving. This includes looking at the options for vehicle adaptations. This event will allow you to gain more information about the services we offer.
Access	Wheelchair accessible; step free access; accessible toilets; ample parking, including blue badge bays. There is no hearing loop.
Organiser	<p>William Merritt Centre:</p> <p> @WMDLC</p> <p> 0113 3508989</p> <p> https://b-m.facebook.com/wmdlc/</p> <p> https://www.wmdlc.org</p> 

"I don't need easy. I just need possible."

Bethany Hamilton

Event	'Let's Get Together and Be Heard'. A social and information session for anyone from the Learning Disabilities Community in York
When & Where	<p>Thursday, 1st December 10.00am - 12.30pm</p> <p>Friargate Quaker Meeting House, Friargate, York YO1 9RL</p> 
Cost	Free - No need to book; just turn up!
About	<p>Are you interested in meeting other people from the LD community in York and talking about the issues that are important to you? Would you like to find out more about how you can speak up and have your voice heard about these issues? If you do, please come along and find out about York's Self Advocacy Forum. We would love to meet you!</p> <p>FREE DRINKS AND CAKE!</p>
Access	Step free access; accessible toilets; Blue Badge parking in Coppergate; no hearing loop
Organiser	<p>Annabel Martin - York Self Advocacy Forum (York Advocacy Hub)</p>  <p>☎ 01904 414357</p> <p>✉ annabel.martin@yorkadvocacy.org.uk</p> <p>🌐 www.yorkadvocacy.org.uk</p>



Event	Disability Confidence training for York Businesses
When & Where	<p>Friday 2nd December 10.00am – 12.30pm</p>  <p>Online Zoom Event. Book through Eventbrite - https://tinyurl.com/2byrt8yu The meeting ID and passcode will be emailed to attendees ahead of the event.</p>
Cost	Free, but maximum capacity of 20 attendees.
About	<p>York BID has invited disability and training experts, Disability Rights UK, to deliver Disability Confidence training for York businesses. The course is designed to give businesses the confidence to talk about disability and provide excellent customer service to their disabled customers.</p>
Access	Zoom automated captions. We encourage attendees to let us know how we can support their full participation.
Organiser	<p>The York BID and Disability Rights UK</p> <p> https://www.theyorkbid.com/</p> <p> @TheYorkBID</p> <p> @the_york_bid</p> <p> @theyorkbid</p> <p>Disability Rights UK</p> <p> https://www.disabilityrightsuk.org/</p> <p> enquiries@disabilityrightsuk.org</p>  

"I often wished that more people understood the invisible side of things. Even the people who seemed to understand, didn't really."

Jennifer Starzec, writer and disability activist

Event	Eleanor Worthington Prize giving Event - 'Disability and Transformation for an Inclusive Society'	
When & Where	Friday 2nd December 11.00am – 12.00pm Fountains Lecture Theatre, York St John University, Lord Mayor's Walk, York YO31 7EX	
Cost	Free - book through Eventbrite https://tinyurl.com/3esyj8v6	
About	In this event, prizes will be allocated to winners of the 2022 Eleanor Worthington Prize, open to students of Art Schools at tertiary level in Italy, UK and Ireland, on the theme 'Disability and Transformation for an Inclusive Society'. The Prize aims at raising awareness of disabilities. It promotes reflection on social inclusion, using the language of the visual arts. Now in its 9th year, it is awarded in memory of Eleanor, a severely disabled Anglo-Italian young person, who despite her many difficulties always maintained a great joy in life.	
Access	BSL interpreter on request; step-free access; accessible toilets; some limited free disabled parking.	
Organiser	York St John University ✉ Events@yorksja.ac.uk 🌐 https://www.yorksja.ac.uk/ Associazione Premio Eleanor Worthington (APEW) ✉ info@premioeleanor.it 🌐 www.premioeleanor.it	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> Est. 1841 </div> <div style="border-left: 1px solid black; padding-left: 10px;"> YORK ST JOHN UNIVERSITY </div> </div> <div style="text-align: center; margin-top: 10px;">  <p>Associazione Premio Eleanor Worthington-ODV</p> </div>

Event	Fishergate Wellbeing Walk
When & Where	<p>Friday 2nd December 11.00am - 12.00pm</p> <p>The Blue Bridge (at the end of Blue Bridge Lane), York (what3words location ///front.hours.eager)</p> <p><i>See also City Centre Wellbeing Walk on 29th November</i></p>
Cost	Free. Please book via https://movemates.org.uk/my-Events/ or phone 01904 373017
About	<p>Our group walks are aimed towards people who prefer not to walk very far or fast. They are for anyone who would like to get some fresh air, get moving and all with some good, friendly company. The walk will be approximately one mile and at a very gentle pace, with plenty of opportunity to sit and chat along the way. This walk is flat and all tarmac, with no uneven surfaces to negotiate. It's suitable for people using mobility aids or self-propelled wheelchairs. We also welcome friends, family or carers if you would like to have somebody with you for assistance.</p>
Access	<p>Accessible for those with mobility aids and wheelchairs. For any enquiries, including about its suitability for you or details of nearest blue badge parking, please contact us via the information below.</p>
Organiser	<p>Move Mates:</p> <p>✉ york@movemates.org.uk</p> <p>📷 @mtmcharity</p> <p>🐦 @move_mates</p> <p>📘 @MTMcharity</p> <p>☎ 01904 373017</p> <p>🌐 https://movemates.org.uk/my-Events/</p> 



Event	Sign Supported Communication: Learn the basics	
When & Where	Friday 2nd December 1.00pm - 3.00pm Bramley Room, New Earswick Folk Hall, Hawthorn Terrace, York YO32 4AQ	
Cost	Free, with the suggestion of a donation of £10. Maximum 15 participants. Please book via email hannah.hardcastle@aamedia.org.uk or phone 01904 626965	
About	Sign supported communication is an important communication tool, especially for those with learning difficulties. Signing in this context is used alongside speech and all other means of communication. We will learn the best practices in signing, some basic vocabulary and we may even learn a signed song. The workshop is suitable for anyone working with adults with learning difficulties, their family and friends or for an adult with learning difficulties themselves.	
Access	Large free car park with disabled car parking spaces; step-free entrance; upstairs room with access from a lift; accessible toilet upstairs and down; changing places downstairs; hearing loop upon request.	
Organiser	Accessible Arts and Media:  hannah.hardcastle@aamedia.org.uk  @Accessible Arts and Media  01904 626965  https://www.aamedia.org.uk/	

"Inclusion has come to mean almost everything but the elimination of exclusion."

Sharon Rustemier

Event	Can-do-Disco
When & Where	Friday 2nd December 7.00pm – 9.30pm Heworth Without Community Centre, 38 Applecroft Road, Heworth, YO31 0HQ 
Cost	£3, carers go free. Order tickets via york@differentstrokes.co.uk or phone 0780 303 7440. With each ticket you can choose a song to be added to the playlist! Just include the song in your ticket order.
About	Disability friendly disco - open to all! Dance in your chair/ with support/with your friends! This is a FUN raiser, not a fundraiser! The best music, coloured lights, tea, coffee, soft drinks and snacks on sale. Bring your own alcohol. Glasses available.
Access	The lights in our disco will be bright, but will not be flashing. Bus stops outside the centre, disabled and general parking outside. Ramped access into the building, accessible W/C, induction hearing loop in main hall. Please speak to the organiser if you need help with transportation costs. Any questions or requirements please let us know and we'll do what we can to make everyone welcome.
Organiser	Different Strokes York: A peer-to-peer support group for people who have sustained a stroke or brain injury.   york@differentstrokes.co.uk  0780 303 7440

“My disability exists not because I use a wheelchair, but because the broader environment isn’t accessible”

Stella Young (1982-2014) was an Australian comedian, journalist and disability rights activist



EXHIBITIONS

Event	Twenty Years of Speaking Up, Self Advocacy and Learning Difficulties. A History of York People First, in Photos and Easy Read.
When & Where	Saturday 26th November 2022 - Thursday 16th February 2023 In person Event: York Explore Library and Archive, Library Square, Museum Street, York YO1 7DS
Cost	Free entry. For opening times go to www.exploreyork.org.uk/york-explore/
About	York People First is a self-advocacy group for people with learning difficulties, and the only organisation in York with a trustee board of all people with learning difficulties. Set up in 2000, the group has played a significant role locally in representing the voice(s) of, and promoting issues of concern for, people with learning difficulties. This exhibition presents a selection of their journey, as an easy read 'photo and text collage' highlighting some of their achievements, challenges and what they think needs to change.
Access	York Explore has ramped/sloped access; limited free disabled parking; ambulant toilet; accessible toilet; changing place. For online access guide go to https://www.accessable.co.uk/city-of-york-council/access-guides/york-explore-library
Organiser	York Explore: 🐦 @YorkLibrariesUK and @YorkExplore 📷 @exploreyorklibraryandarchive ☎ 01904 552 828 ✉ york@exploreyork.org.uk Andrew and his brother Antony c1980 

Event	Eleanor Worthington Prize 2021 Exhibition 'Disability and Technological Innovation'
When & Where	<p>Saturday 26th November 2022 - Thursday 16th February 2023 <i>and see below for exhibition at York Hospital</i></p> <p>In person event: York Explore Library and Archive, Library Square, Museum Street, York YO1 7DS</p>
Cost	Free entry. For opening times go to https://explore.york.org.uk/york-explore/
About	<p>A selection of artwork from the Eleanor Worthington Prize 2021 on the theme of 'Disability and Technological Innovation'. The posters represent a selection of the work submitted for the 2021 Eleanor Worthington Prize, open to students of Art Schools at tertiary level in Italy, UK and Ireland. The Prize aims at raising awareness of disabilities and promotes reflection on social inclusion, using the language of the visual arts. Now in its 9th year, it is awarded in memory of Eleanor, a severely disabled Anglo-Italian young person, who despite her many difficulties always maintained a great joy in life.</p>
Access	<p>York Explore has ramped/sloped access; limited free disabled parking; ambulant toilet; accessible toilet; changing place. For online access guide go to https://www.accessable.co.uk/city-of-york-council/access-guides/york-explore-library</p>
Organiser	<p>York Explore:</p> <p> @YorkLibrariesUK and @YorkExplore</p> <p> @explore.york.library.and.archive</p> <p> 01904 552 828</p> <p> york@explore.york.org.uk</p> 

Event	Eleanor Worthington Prize 2021 Exhibition 'Disability and Technological Innovation'	
When & Where	Friday 2nd December 2022 - Tuesday 3rd January 2023 York Hospital Main Corridor, between junctions 7 & 8. Note: This exhibition is only open to staff and visitors of the hospital to view in-person but will also be showcased online to view at any time at https://www.bitlylinks.com/l1dcGIBZ7	
Cost	Free	
About	A selection of artwork from the Eleanor Worthington Prize 2021 on the theme of 'Disability and Technological Innovation'. The posters represent a selection of the work submitted for the 2021 Eleanor Worthington Prize, open to students of Art Schools at tertiary level in Italy, UK and Ireland. The Prize aims at raising awareness of disabilities and promotes reflection on social inclusion, using the language of the visual arts. Now in its 9th year, it is awarded in memory of Eleanor, a severely disabled Anglo-Italian young person, who despite her many difficulties always maintained a great joy in life.	
Access	Blue Badge bays in front of hospital; chargeable multi-storey carpark also has some free Blue Badge bays; accessible toilets in the hospital.	
Organiser	York & Scarborough Teaching Hospitals NHS Foundation Trust: 🐦 @YorkTHCharity and @YSTeachingNHS 📷 @yorkteachinghospitalcharity and @yorkteachingnhs 📘 @YorkTeachingHospitalCharity and @YSTeachingNHS Associazione Premio Eleanor Worthington (APEW) ✉ info@premioeleanor.it 🌐 www.premioeleanor.it	  Associazione Premio Eleanor Worthington-ODV

'WATCH AGAIN' EVENTS

York Explore and the University of York Events have each made recordings of popular past York Disability Week events available to view at any time free of charge:

York Explore - Unlikely History of Disability Arts - To the uninitiated, disability art conjures an image of a disabled person struggling to paint by clutching a paint brush between their teeth or toes. However, throughout the course of the disabled peoples' struggle for equal rights, Disability Arts has played a vital role whether through the medium of the protest song, the caustic wit of the cartoon or satirical performance. Colin Hambrook, editor of Disability Arts Online, and Dave Lupton, aka Crippen, cartoonist and writer, take you on a journey through the archives with stories such as the disabled musicians who came together outside ITV headquarters to bring an end to Telethon; the performance artist who made headlines by hurling his artificial leg at a mountain of charity collection cans.

Online via YouTube with auto-generated captions: <https://youtu.be/DLLmCqzAzzQ>

Countdown to Success: Marathon runner Charlotte Ellis in conversation - Hear the inspiring story of visually impaired marathon runner Charlotte Ellis as she discusses her remarkable sporting journey with Elly Fiorentini of BBC Radio York. Charlotte explains how she entered sport despite low expectations around sporting achievement for someone with sight loss and how the University of York was influential in her sporting career.

Online via YouTube with auto-generated captions: <https://www.youtube.com/watch?v=Hk-PXu2UAK8&t>

Journey to being active - Mo Onyett and Beth Moulam - Prepare to be inspired by Beth and Mo who are founder members of York RaceRunning Club (the sport is now called Frame Running). Beth and Mo met at the University of York when Beth was a student and Mo was working in the Student Hub. For very different reasons they had both come to Frame Running and their combined desire to be active led to the club being formed as part of the City of York Athletics Club.

Online via YouTube with auto-generated captions: <https://www.youtube.com/watch?v=RUI3PlzmD0E>

ABOUT: University of York Events: York Ideas is a year-round series of Events led by the University of York to educate, entertain and inspire, which culminates in **York Festival of Ideas in June** each year. As a University for public good, based in a city of ideas and innovation, we are committed to engaging with diverse audiences and widening participation in education. York Ideas offers a platform for diversity and richness of perspectives, providing access to global speakers and new learning experiences. Almost entirely free, our incredible range of events offers something for all interests and ages.

 @UoYEvents

 @UoYEvents

"Through a simple joke, I'd found a way to speak honestly about who I was. I had finally wobbled out of the disability closet..... so don't let anyone else make you hate yourself. Embrace your body, whatever shape it is and however it works, because it gives you this wonderful, crazy, beautiful, fleeting experience called life..."

Francesca Martinez, b 1978, comedian and actress

WANT TO GET ONLINE OR IMPROVE YOUR DIGITAL SKILLS?

Keeping Digital Foundation in partnership with 100% Digital York is rolling out a network of Digital Cafes, where York residents can get dedicated support in getting online. People can come along, have a warm drink and get answers to their questions about all things digital and ask for advice about getting the most out of their digital devices. Volunteers will be on hand to help. Support could be anything from setting up a smart phone to signing up to the NHS app or York Council website, all with follow-on support. No bookings required, and people can stick around for a few minutes, or a couple of hours. We currently have a session from 10am – 12pm on the last Saturday of every month at Tang Hall Explore library. Further locations will be revealed throughout the year, including at community centres.

Another 100% Digital York partner is **Explore Libraries** who have just launched digital support programmes to help you get online with weekly sessions at their larger libraries. Explore's patient and friendly staff are on hand to answer your questions so you can get the most out of the digital world.

To find out more, contact your local library; or Grace Ogden on 01904 552651; or the 100% Digital York page on www.livewellyork.co.uk.

The York Learning ICT and E-Learning team is here to help you improve your IT skills. We can offer you the option to work at your own pace that suits you, supported by a tutor. We start off with a personalised skills check to help you find your areas for development and make sure we get you on the right course. We deliver friendly, relaxed, inclusive sessions all across the City of York, and we can offer remote working too. We understand what it's like to just be starting out with IT, or feel you don't know enough about it, and we know how to help you make progress, to get a professional qualification and to support you to get to where you want to be.

We have a variety of courses, classes and workshops to help you to update your computing skills whether it's for work, to gain or improve your skills or a leisure interest. Our computing classes are available in different formats from flexible learning to classroom based or distance learning.

To find out more phone 01904 554277 or email york.learning@york.gov.uk

WORRYING ABOUT MONEY?

The rise in cost of living is on everyone's mind. There are three key steps to get you in to the best place to meet the extra costs this winter.

- **Make sure you are getting all the financial support available:**
 - Use one of the free benefit checkers at www.gov.uk/benefits-calculators
 - Check the council's website for local support schemes at www.york.gov.uk/benefits
- **Reduce your outgoings, don't spend more than you have to on your bills, such as mobile phones, broadband, insurance:**
 - See how you can save on your energy bills
 - Use approved comparison websites
 - Talk to your existing suppliers about discounts and social tariffs

Find out more at www.LiveWellYork.co.uk/talkmoney

- **Don't struggle alone. If you are unsure or need assistance with the things above, there is help across the city from council services and other local organisations. Find out:**
 - How to contact an advice service at www.york.gov.uk/benefitsadvice
 - Where there are community drop-ins across the city at www.livewellyork.co.uk events calendar



IF YOU'RE NOT ABLE TO ACCESS INFORMATION ONLINE – pick up a leaflet OR ask at your local library, community centre OR find information on community noticeboards OR phone the council's benefits advisers team on 01904 552044 and they can help put you in touch with the right people



For more information visit:
livewellyork.co.uk/talkmoney

HOW TO FIND OUT ABOUT REGULAR ACTIVITIES AROUND THE CITY

Live Well York is a community website for adults in York. It includes information about a wide range of community activities and events, a directory of local services, information and advice pages including on digital support and training. It is designed to be searched quickly and easily. For example, you can search it for:

- “Where” - activities are happening in a particular part of the city (e.g. Haxby)
- “Who” the activity is for (e.g. people with a particular disability and/or long term health condition)
- “What” type of activity (e.g. arts and crafts)

You can also create your own personalised “My Information Booklet” from it.

Yor-OK is a website that provides information about services and activities for children, young people, parents, carers, and anyone who works with children, young people and families.

For information on Live Well York for all adults:

☎ 01904 551006 ✉ livewellyork@york.gov.uk 🌐 www.livewellyork.co.uk

For information and advice for children and families:

☎ 01904 554444 ✉ fis@york.gov.uk 🌐 www.yor-ok.org.uk

For information and advice for young people (16-25 year olds):

☎ 01904 555400 ✉ YPSG@york.gov.uk
🌐 www.yor-ok.org.uk/young-people/

For information on accessibility details for some venues in York:

🌐 www.accessable.co.uk/organisations/city-of-york-council/

If you don't have internet access or a PC / laptop / tablet and are able to visit your local Explore Library, ask a staff member or volunteer there to help you.

If you need a PC/laptop/ tablet at home but are not able to purchase one then a Community Support Worker may be able to apply to York IT ReUse scheme for one for you. If you don't have a Community Support Worker then phone 01904 551550 and ask to be put through.



York Disability Week

Promoting an equal, inclusive and accessible York.

26th November to 3rd December 2022

In 1992, the UN General Assembly proclaimed 3rd December as an annual International Day of Persons with Disabilities. It promotes the rights and well-being of people living with impairments in all spheres of society, and increases awareness of their situation in every aspect of political, social, economic and cultural life. In other words, it promotes the social model of disability and recognises disability rights as human rights. Added to this has been the more recent development of Disability History Month which in the UK runs from mid November. A growing number of interested organisations and individuals have been coming together to celebrate International Day of Persons with Disabilities and Disability History Month in York in recent years, supported by York Human Rights City Network. This brochure showcases some of the wide-ranging events happening this year.