



## Section 3:



# Arts and culture



**Peer Support Group resources**  
for Disabled People's Organisations  
to use with Disabled job seekers



Making it Work



**Inclusion London**

Supporting London's Deaf and Disabled People's Organisations



**action on disability**



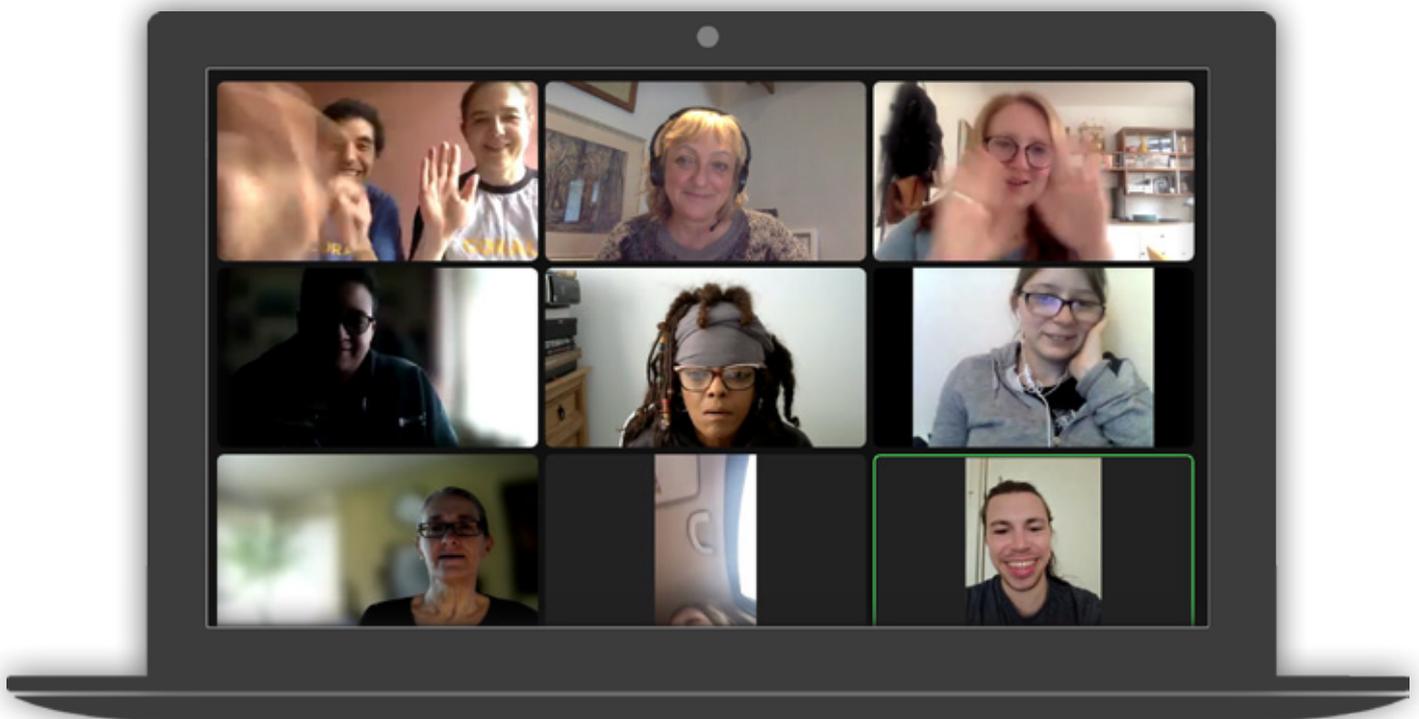
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**ARTS COUNCIL ENGLAND**

**LONDON COMMUNITY RESPONSE FUND**

## Thank you

Thanks to everyone involved in the Peer Support Group team for making this resource possible:

- All the Disabled people who attended our Peer Support Group (PSG) sessions
- Paige Tribe, Ella Steeper and Charlene Salter (the PSG co-facilitators)
- Catrin Digby (PSG coordination, outreach and tech support)
- Maria Armanda Goncalves, Clive Silverman and Gelila Tekle-Mariam (providers of tech support)
- Annalees Lim and Raphael Harfaux (designers)
- Sarah Pickthall (our PSG development consultant, trainer and coach)
- Sian Williams (Making it Work project manager)





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It felt right to go away and do a session based on what people wanted to happen, what was useful for them, and this is what we have done.



Peer Support Group Co-facilitator

## Introduction



Making it Work was a five year programme which ran from 2017 to 2022. It aimed to:

- a) improve young Disabled people's chances of finding employment, and
- b) remove the barriers to getting into work

Inclusion London set up a Peer Support Group during Covid-19 to support young Disabled people seeking paid work. The aim was for the group to be run by its members for its members and help them to keep positive during lockdown. We also believed a Peer Support Group would help its members to continue to develop useful skills for the workplace, so they would be better prepared to apply for jobs in the future.

The Peer Support Group ran from November 2020 to June 2022. Every week an hour-long online session was co-facilitated by young Disabled people. The session focused on a different topic each week.

We created a factsheet for each session. The factsheet includes a video-link, things to learn, think about and discuss, suggestions of ways to develop new skills and next steps.

We hope that your Disabled People's Organisation (DPO) will use these factsheets to support young Disabled people to meet new people, increase their confidence and learn from each other. Most importantly we hope that this resource will also help them to develop useful skills for the workplace and provide a good start on their journey to find paid work.

Finally, we would like to thank everyone who attended our Peer Support Group sessions. Their thoughts and ideas have been included in these factsheets and will help many other young Disabled people seeking paid work.

Sian Williams, on behalf of  
the Making it Work Peer Support Group team

“

Sharing informally happens all the time -  
it's good to have gaps between  
formal sharing opportunities and  
less formal ones with peers...  
a mountain of new experiences and skills to share.

”

Guest speaker



## Section: Arts and culture

Topic:

### Waking up well and get crafty

Video:

“What to do when you wake up”



Link to watch the video on YouTube:

<https://youtu.be/sBfng6Jd4Cc>



Getting started:

How can we wake up well?

What do you do?

- Turn off the alarm clock and go back to sleep
- Lie in bed worrying about the day, week or month ahead
- Get up, drink a coffee, eat a big breakfast
- Do 10 press ups and run 10km
- Something else?



## Resources:

### Wake up well



### Good ways to get up in the morning...



- Drink a big glass of water
- Listen to a morning podcast or the radio
- Have a shower or bath
- Have a healthy breakfast
- Make a list of tasks to get done
- Do stretches or get some air
- Make a drink or snack for your day



### Getting crafty: knitting and making



### Tips for getting involved in knitting or making things



- Join a knitting workshop or an art / craft club
- Look for inspiration on <https://actionspace.org>
- Look at knitting / fashion in the V&A museum
- Watch a knitting step by step video
- Go to <https://ukhandknitting.com> to find a knitting group

Other ideas?

### Key points:

- Wake up feeling positive - drink a glass of water, do some exercise, eat a healthy breakfast and play your favourite song
- Get creative by knitting – make something or just do it for therapy and to feel happy!



### Session quote:

“ Wake up well by doing a meditation and taking your time. ”



# FACT SHEET

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## Section: Arts and culture

### Topic:

Being an usher and working front of house (FOH)

### Video:

“Working behind the scenes”



Link to watch the video on YouTube:

<https://youtu.be/vsT8LwB1n3w>



### Getting started:

Important facts to remember when meeting and greeting guests:

- Smile or wave and say hello
- Present yourself well, use the dress code
- Be polite and friendly
- Give clear instructions when directing people

## Resources:

### Being an usher or working front of house (FOH)



### Ushering in the Theatre?



- Welcoming the audience and ushering
- Selling food, drink and merchandise
- Guiding audience members in the right direction
- Managing tickets on the door
- Being a point of contact for customer enquiries and referral
- Ensuring the front of house area looks presentable and tidy at all times and in the theatre

ASK THE  
**USHERS**



### Our guest Paige



### How to get involved in ushering and FOH

- Find out if you have the right skills
- Ask your job coach
- Watch ushers when you visit the theatre
- Talk to front of house (FOH) staff about their job

Other ideas?

### Key points:

- Working in the theatre is a great opportunity
- Get some info from your support worker if you're interested in this sector
- Look into volunteering opportunities to see if you like it



### Session quote:

“ All the world's a stage. ”

William Shakespeare



## Section: Arts and culture

Topic:

### Museums

Video:

“Disabled access in museums”



Link to watch the video on YouTube:

<https://youtu.be/LZUR7Iz0YIE>



Getting started:

What do museums offer us?

- They are full of facts and figures
- They tell us about the unknown
- They show us history
- They have interactive things to enjoy and learn from
- They inspire us

## Resources:



### Museums



### An inclusive museum should...



- make everyone welcome
- have a range of accessible tours and experiences
- have places to rest and reflect
- represent Disabled people's lives
- have work and training opportunities for Disabled people



### What can you do next?



- Make a trip to a new museum with a friend or family member
- Visit a museum online
- Take notes or draw your surroundings
- Take photos, if you have permission
- Book an audio or escorted tour

### Some museums to visit

- Wellcome Collection
- British Museum
- V&A Museum
- Imperial War Museum
- Science Museum
- Horniman Museum
- Hackney Museum



Where else?

## Key points:

- The importance of inclusive and accessible museums
- Finding employment in a museum
- Learning from history
- The opportunity to engage in various activities, such as drawing in a museum



Session quote:

“ Museums enrich us and inspire us. ”



# FACT SHEET

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## Section: Arts and culture

Topic:

### Movement and dance

Video:

“Magpie dance - Join the journey”



Link to watch the video on YouTube:

<https://youtu.be/Unz67HXU7B8>



Getting started:

Reasons to do movement and dance:

- For fitness and exercise
- For pleasure
- To build a career in dance
- To express feelings
- To unwind and release tension



## Resources:

### Dance



#### Tips for a good dance routine



- Tell the music's story through your movements
- Keep practising with imaginative steps & be determined to learn from your mistakes
- Challenge yourself with unique rhythms, styles and techniques
- Plan the elements which have most impact. Then work in additional steps around these



#### Magpie Dance supports people by:



- building confidence
- building skills
- developing careers in dance
- allowing people to take part
- touring to different venues
- showing and sharing work at inside and outside locations
- running workshops for different groups



#### Some dance and disability companies

- ✓ **StopGap**  
<https://www.stopgapdance.com/>
- ✓ **Coral**  
<https://www.coral.org.uk/>
- ✓ **Magpie Dance**  
<https://www.magpiedance.org.uk/>
- ✓ **Slide Dance**  
<https://www.facebook.com/danceslide/>

### Key points:

- Have a go!
- Don't worry about making mistakes
- Learn new techniques
- Take on the challenge
- Be imaginative
- Practise
- Enjoy yourself!



#### Session quote:

“ Let your imagination run free and experiment. ”



# FACT SHEET

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## Section: Arts and culture

Topic:

### Dance with dancer DJ

Video:

“10 health benefits of dancing”



Link to watch the video on YouTube:

<https://youtu.be/SA5K6tR7PLU>



Getting started:

Different styles of dance:

- Disco
- Salsa
- Street dance
- Ballroom
- Ballet
- Northern soul



## Resources:

### How can dancing help you?

- Helps you to make new friends
- Builds your confidence
- Reduces stress
- You lose yourself
- Burns calories
- Tones your body
- Improves your stamina



### Introducing dancer DJ



### Still feeling unsure?

- Gently does it!
- Dance 'n sway in your bedroom, while you're making breakfast, etc.
- Move every day and build your strength
- Be yourself. 'Different' is good
- Don't stress! It's ok to make mistakes

### Where to go for more info:

- Join a local college dance class
- Watch dance videos on YouTube
- Keep in contact with Corali, StopGap, etc.
- Go and see dance shows
- Watch dance performances online

### Key points:

- Go for it & try!
- Get into shape with dancing
- Become a more confident person
- Join a dance class
- Watch dance videos and copy!
- Practice makes perfect!



### Session quote:

“ Enjoy and forget about your worries. We are all talented in our own way. ”



## Section: Arts and culture

Topic:

### Drawing skills

Video:

“How to get better at drawing”



Link to watch the video on YouTube:

[https://youtu.be/mio-\\_RyxOyQ](https://youtu.be/mio-_RyxOyQ)



Getting started:

Reasons to draw:

- To keep calm and have a relaxed mindset
- To stir the imagination
- To build skills for work
- To fill up spare time
- To plan and manage time



## Resources:

### Things to remember when you're drawing



1. Draw every day
2. Be patient
3. Immerse yourself - jump in!
4. Find a style

### Charlene's step by step anime drawing...



Try googling 'Cool Anime Drawings Easy'

### Ella's prints are for sale in the Heart n Soul shop



For more info on artists who draw go to:



- ✓ [Outsideln.org.uk](http://Outsideln.org.uk)
- ✓ [ActionSpace.org](http://ActionSpace.org)
- ✓ [tate.org.uk/visit/tate-modern](http://tate.org.uk/visit/tate-modern)
- ✓ [intoart.org.uk](http://intoart.org.uk)
- ✓ YouTube

Other ideas?

## Key points:

- Have a go!
- Don't worry about making mistakes
- Practice makes perfect
- Experiment with different materials
- Enjoy the experience!



Session quote:

“ Don't be afraid to make mistakes. We learn from them. ”



## Section: Arts and culture

Topic:

### Spoken word

Video:

“Disability spoken word”



Link to watch the video on YouTube:

<https://youtu.be/psa9lpuGPNc>



Getting started:

Reasons to read and write poetry:

- To express feelings
- To unwind
- To tell a story
- To spread the word or protest
- To highlight an issue
- To celebrate someone or something
- To help others



## Resources:



### Tips for writing poems

- Read other poems
- Do research on the internet
- Look around for inspiration
- Think of different ways to say things



What else?

### More top tips!



- Use repetition
- Make your audience laugh (make a joke)
- Compare things to other things
- Play with words and sounds

### Introducing Cian Binchy...



Cian Binchy is a performer and poet from Access All Areas

This is a clip from his show 'The Misfit Analysis':

<https://www.youtube.com/watch?v=4jur1EYwoRc>

### Where to go to find out more...

<https://www.facebook.com/SpokenWordLondon/>

<https://poetrysociety.org.uk/young-poets/>

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

<https://www.heartnsoul.co.uk/>

## Key points:

- Enjoy reading and writing poetry
- Research writers and poets to study different styles
- Observe what surrounds you for inspiration
- Read your poem to your friends and family to get feedback



### Session quote:

“ We’re the voices of our own story. ”



## Section: Arts and culture

Topic:

### Creating online

Video:

“Animation tutorial”



Link to watch the video on YouTube:

<https://binged.it/3IHIF9W>



Getting started:

Creative activities we can do online:

- Gaming
- Apps
- Digital drawing
- Making friends



## Resources:

### Creating online



### What does it take to make good animation?



### What is important to remember about digital?



- Be patient when things go wrong. Tech takes time
- Don't rush! Digital can be tricky and make you panic
- Don't blame yourself
- Watch out for viruses
- Take regular breaks



### Where can you find out more about digital arts online?

- [accessallareastheatre.org](http://accessallareastheatre.org)
- [heartnsoul.co.uk](http://heartnsoul.co.uk)
- [remixthemuseum.org](http://remixthemuseum.org)
- YouTube or TikTok tutorials
- Look for digital arts projects online

### Key points:

- Have a go!
- Be patient with technology
- Step away from the screen regularly
- Ask for help if you get stuck or need advice



### Session quote:

“ Just experiment and have a go! ”



# FACT SHEET

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## Section: Arts and culture

Topic:

### Digital voices

Video:

“Digital voices”



Link to watch the video on YouTube:

<https://youtu.be/wEyTiXRDFIY>



Getting started:

Why do we need to bring new learning Disabled and autistic voices into digital arts?

- To share and show different views
- To show different role models
- To get new audiences and get their attention
- To signpost people to new experiences and views

## Resources:

### Digital voices



### What happened here during covid lockdown?



### How did digital influencers respond to this?



- They talked about the role of a politician
- They talked about breaking covid lockdown rules
- They discussed the experiences of the general public during covid



- They talked about the importance of being a role model
- They debated: How should a politician behave? Should they behave differently to everyone else?

### Who to watch and listen to...

- ✓ Deen Hallissey on Disability Arts Online YouTube
- ✓ 'Unlimited' podcasts - Disabled artists
- ✓ Cian Binchey and Terry Huggett
- ✓ Ella on 'Soho Radio: Heart n Soul'
- ✓ Graeae - 'Beyond Online' interviews

### Key points:

- Be your true self
- Persevere
- Take the criticism and move on
- Share your unique style
- Keep practising
- Engage your audience in exciting ways
- Build a network
- Have a catch phrase - 'Peace out!'



### Session quote:

“ Be yourself!  
Don't copy others,  
if you can avoid it. ”



## Section: Arts and culture

Topic:

### Arts interviews

Video:

“Podcast interview tips”



Link to watch the video on YouTube:

<https://youtu.be/WEEQONBrslc>



### Getting started:

Why are interviews important in the arts?

- To get a job
- To share your work
- To improve communication skills
- To hear accessible information
- To spread the word

## Resources:

### Arts interviews



### What makes a good arts interview?

- Share questions in advance
- Check access at the venue and ask about access requirements
- Research the person / artist
- Check equipment needs
- If filming, ask permission
- Allow time to relax and do a practice run
- Put your mic on and keep it rolling



### Tips for good arts interviewing

- Have a warm check-in
- Keep it lighthearted
- Keep questions short and snappy
- Keep an eye on the time
- Ask where people can find out more
- Thank the person you interview



### Here are some good podcasts and radio:

- ✓ <https://disabilityarts.online/collections/the-disability-and-podcast/>
- ✓ <https://www.bbc.co.uk/ouch/podcast>
- ✓ Smashing Records (DASL) – scroll down to the bottom of the page
- ✓ <https://www.mixcloud.com/discover/smashing-records/>
- ✓ <https://www.podbean.com/site/EpisodeDownload/PB10F82EBPR32K>

## Key points:

### Tips for interviewing:

- Good preparation
- Find out about the artist / person
- Do a trial run in terms of tech
- If filming, ask permission
- Meditate / relax before the interview



### Session quote:

“ Interview yourself in the mirror. Pick your favourite artist and imagine you were preparing an interview. ”



Section: Arts and culture

Topic:

Art for mental health

Video:

“Mental health benefits of art”



Link to watch the video on YouTube:

<https://youtu.be/wN1AgchixP8>



Getting started:

How art helps our mental health:

- Drawing to relax the mind
- Music making / drumming to keep things upbeat
- Dance to express yourself and release the tension
- Creative gaming and digital to connect with others
- Going to the theatre or galleries



## Resources:

### Mental health and art



### What can we do to raise our dopamine levels?



- Writing
- Performing
- Drawing
- Dancing
- Making Theatre
- Digital Creativity

### Dopamine – what is it?



**Dopamine** plays a role in how we feel pleasure. It's a big part of our unique human ability to think and plan



### Where else can you go for ideas and help?

- ✓ [Vitalxposure.co.uk](http://Vitalxposure.co.uk)
- ✓ [AccessAllAreastheatre.org](http://AccessAllAreastheatre.org)
- ✓ [OutsideIn.org.uk](http://OutsideIn.org.uk)
- ✓ [mind.org.uk](http://mind.org.uk)
- ✓ [DailyLifeLtd.co.uk](http://DailyLifeLtd.co.uk)



### Key points:

- Choose a creative activity that you find therapeutic
- Get lost in your art, whatever form it is
- Express your feelings through your creativity
- Be kind to yourself



### Session quote:

“ Art can help your mind and soul. ”



## Section: Arts and culture

Topic:

### Hatching creative ideas

Video:

“10 hacks to being creative“



Link to watch the video on YouTube:

<https://youtu.be/uTnGHknbu8U>



Getting started:

Things that help us come up with new ideas:

- Planning in a journal / diary
- Timetables and structure
- Daydreaming - thinking it out in our head
- Going for a walk - getting inspiration from around us
- Talking to friends and family
- Watching film / tv and listening to music

## Resources:

### An idea hatches!



### Some top tips for hatching a plan:



- Find the time you work best: morning, afternoon or evening?
- Organise your workspace
- Jot ideas down in your journal / diary

### What else?

### So, you have had an idea... How do you stay motivated?

Let's watch a video which includes some tips on how to stay motivated once you have an idea .

We will then discuss it and share ideas...

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

### What might you do next?

- Contact local arts organisations
- Take part in a creative workshop
- Stay motivated by setting small goals
- Write or draw your new ideas
- Share them with people who believe in you

## Key points:

- Keep a diary or a sketchbook
- Identify the most productive part of the day for you
- Spend time in your favourite place to feel inspired
- Ask someone close to you to help you brainstorm, if you get stuck



### Session quote:

“ Spring, when everything comes to life again. ”

Inclusion London promotes equality and inclusion for Deaf and Disabled people by supporting the development of Deaf and Disabled People's Organisations (DDPOs) across London. Our 'Making it Work' programme aimed to improve young Disabled people's chances of finding employment and remove the barriers to getting into work.

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

“

I went away feeling like what  
Inclusion London had already set up  
was incredibly useful  
for young people and building on skills.

”

Guest speaker

**Produced by Inclusion London,  
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