



“

Sessions on

job topics

and interviews skills,

dressing for interviews

and dos and don'ts,

I think helped me get my job.

It's a paid job!

Peer Support Group Participant

”

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



Making it Work



CITY
OF
LONDON

**Inclusion
London**

Supporting London's Deaf and
Disabled People's Organisations



dasl
disability advice service lambeth

**action on
disability**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**LONDON
COMMUNITY
RESPONSE FUND**

“

Mentoring, employment skills,
support from others with a disability
whom have gone on to get a job, all good.

”

Peer Support Group Participant

“

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

“

There was something that felt very nourishing
and fun in finding solutions together
rather than always trying to do it on your own
with ‘people like me’ and people who understand
what it’s like and the difficulties sometimes.

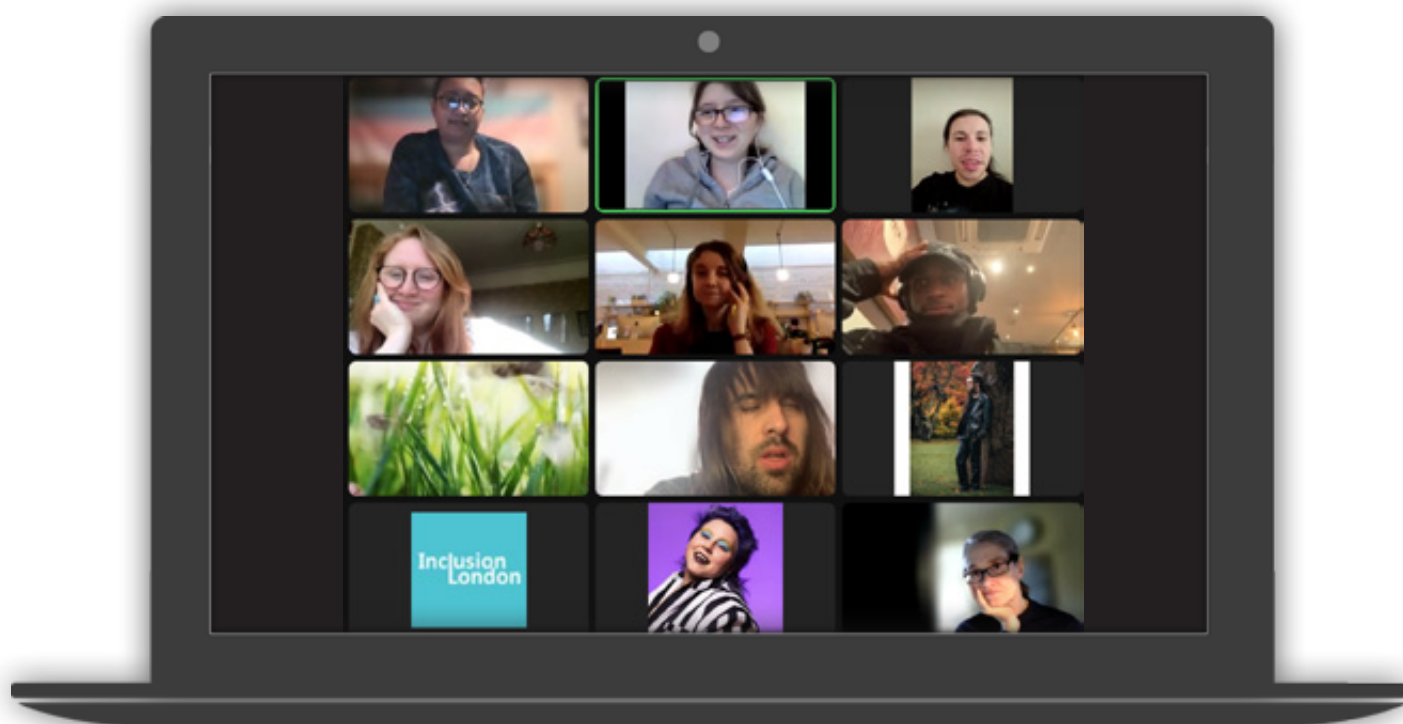
”

Peer Support Group Participant

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 was great to be acknowledged.

It was good for it not to feel like someone
is better than everyone else.

We are all equal and we are all learning.

”

Guest speaker

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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 1:

Work skills





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FACT SHEET 1

Section: Work skills

Topic:

How to show up for work

Video:

“How to dress for success”



Link to watch the video on YouTube:

<https://youtu.be/taDdxF0T5B8>



Getting started:

Important things to think about when dressing for work:

- Follow work dress code
- Freshen up regularly
- Brush your teeth before you set out
- Clean and ironed clothes every day
- Check your clothes for stains



Resources:

How to show up for work



Tips for 'Dress Success'



- ✓ Know what clothes are expected for the job
- ✓ Is there a dress code? What is suitable?
- ✓ Check what staff wear on employer's website
- ✓ Find out about business v casual dress
- ✓ Bring an alternative pair of shoes, etc.

Other ideas?

How to keep fresh for the day ahead:



- Pack your bag the night before and get your clean clothes ready
- Choose clothes to fit the work
- Have a healthy breakfast
- Have a shower / bath – scrub up!
- Drink lots of water
- Pack deodorant, hand sanitiser, energy bar and healthy smoothie



Help with what to wear?



- Ask your mates
- Ask your manager what the right thing to wear is
- Go to the work website to see what people wear
- Scour charity shops for good bargains
- Ask the shop assistants what they think are good work outfits



Key points:

- Be prepared and plan ahead
- Clean up!
- Wake up well
- Have a healthy approach to eating and general wellbeing
- Keep hydrated



Session quote:

“ Never give up, no matter how you feel. ”



FACT SHEET 2

Section: Work skills

Topic:

Body language

Video:

“Body language”



Link to watch the video on YouTube:

<https://youtu.be/1sfM-xx7tHI>



Getting started:

How can we improve our body language?

- Take deep breaths
- Use hand gestures
- Relax but don't slouch
- Keep your chin up
- Make eye contact
- Smile!



Resources:

How can you improve your body language?



- Smile and say hello
- Stand up straight, don't slouch
- Show interest through your body, such as nodding your head
- Make gestures with your hands

More tips and techniques to improve your body language

- Join a drama group to improve body language
- Practise different faces and positions in the mirror
- Ask friends / family for their honest opinion
- Join a choir to help with breathing
- Take a dance class to build body confidence

What else?

Where can you go for help?

Idea for next steps...



1. Theatre companies, such as Tramshed in Woolwich
2. Dance companies, like Corali and Magpie Dance
3. Look on the internet for a class of your choice

What else?

Key points:

Ways to help develop positive body language:

- Stretch to relax
- Do a creative and relaxing hobby
- Meditate
- Smile
- Listen actively



Session quote:

“ Try 5-minute breathing techniques. ”



FACT SHEET

3a

Section: Work skills

Topic:

Communication skills for life

Video:

“How to communicate effectively”



Link to watch the video on YouTube:

<https://youtu.be/ed9MMH2T-u4>



Getting started:

Reasons to improve our communication skills:

- So that people understand you clearly
- To help you feel less isolated
- To build up your confidence
- To get your opinions across
- To find new opportunities
- To socialise and build a network with new people



Resources:



5 tips for communicating:



1. Listen attentively
2. Listen to hear, not just to have your say
3. Be clear and not 'wishy washy'
4. Think about the different ways you can say things by using your voice differently
5. Use your best body language when communicating with someone to help you make your point

Miscommunication



What more can you do?

- Practise with friends
- Try things in front of the mirror
- Watch videos on Youtube to help you
- Join a drama club to build confidence
- Plan how you will communicate (and use post-it notes to help remind you)

Key points:

- Speak clearly
- Make sure you listen to others
- Use gestures to help you communicate
- Be inspired by others
- Practise with your friends



Session quote:

“ Be approachable and try to make eye contact with everyone. ”



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FACT SHEET

3b

Section: Work skills

Topic:

Communication in the workplace

Video:

“Communication skills at work”



Link to watch the video on YouTube:

<https://youtu.be/CIHkuLgeBcA>



Getting started:

Why is it important to develop your communication skills?

- To share your personality
- To show you are motivated
- To sell yourself
- To work together more effectively
- To improve relationships at work



Resources:

Things to avoid when communicating



- not listening
- saying words like 'er' or 'like' (mumbling)
- not taking turns to speak
- no eye contact
- lazy body language, fidgeting
- talking too quickly



Body language

Do:

- Sit up straight
- Maintain eye contact
- Smile and be enthusiastic
- Use hand gestures



Don't:

- Slouch
- Stare
- Frown
- Fidget

Top tips for good body language and communication

- Sit straight in your chair
- Maintain good eye contact
- Use hand gestures to express yourself
- Be aware of your posture – no slouching!
- Nod your head to show you're listening

What will you do now to improve your communication?



- Role play with a friend or family member?
- Practice your communication when shopping / eating out?
- Use a mirror to reflect your body language?

Key points:

- Practise positive body language on family, friends or in front of the mirror
- Listen attentively
- Be interested
- Make eye contact
- Smile



Session quote:

“ Practice makes perfect. ”



FACT SHEET 4

Section: Work skills

Topic:

Dealing with change in life and work

Video:

“Why we are all afraid of change”



Link to watch the video on YouTube:

<https://youtu.be/267cB6tNeUc>



Getting started:

What kind of changes do we face in work and life?

- Moving home
- Friends and family changing
- Leaving college
- Setting new goals
- Moving up a level
- Losing a job



Resources:

Dealing with change

in work and life...



Why change is a good thing?



- new adventures
- it's part of life to move on
- growing/growing up
- to see new horizons
- to inspire young people

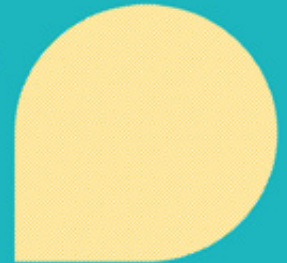
Why change is a challenge?



- It is tiring to change
- It affects other people's feelings
- It is scary
- It can be risky and a bumpy ride
- It can cause anxiety

Things to think about when you are going through change:

- Keep an open mind
- Be gentle on yourself, you can make mistakes!
- Make time to reflect
- Keep things simple
- Create some comfort
- Count your blessings – think of the good things



Key points:

- Change is positive
- Change is part of our growth
- Change can be exciting and challenging
- Be kind to yourself and be grateful when going through change



Session quote:

“ Stay in the moment. Seek that horizon, that change. ”



FACT SHEET 5

Section: Work skills

Topic:

Overcoming disappointment

Video:

“How to handle disappointment”



Link to watch the video on YouTube:

<https://youtu.be/LKdva3PCCSE>



Getting started:

What can we do when facing setbacks in life?

- Find out why we didn't succeed
- Get feedback from family or friends
- Meet a job coach and talk it through
- Reflect on what we could have done differently
- Feel determined to keep trying



Resources:

When you are disappointed, do you:



- over-indulge (tv, food)?
- stay in your room?
- get angry?
- compare yourself to others?
- wallow in self pity?
- bottle it in?

What do you do?



What can you do differently?



- Be disappointed for a while, then move on
- Go for a walk outside
- Talk to friends / family
- Talk to your job coach
- Have a healthy treat
- Ask for feedback...

What else?



Ask yourself these questions:

- Did you ask enough questions?
- Did you research the position or company?
- Did you show enough motivation / interest?
- Did you have positive body language?
- Did you dress the right way for the job?
- Did I speak to the right person?

Ideas for next steps



Contact your local Disabled People's Organisation

Inclusion London has a list:

<https://www.inclusionlondon.org.uk/directory/listing/>

Or speak to your job coach

If you're really sad, call:

The Samaritans or Mind

What else?



Key points:

When faced with disappointment:

- Reach out to friends and family
- Contact organisations you know well and ask for support
- Keep busy
- Be creative
- Ask for feedback



Session quote:

“ Do art,
be out and about
and keep happy. ”



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FACT SHEET 6

Section: Work skills

Topic:

Being unstoppable and building confidence

Video:

“3 tips to boost your confidence“



Link to watch the video on YouTube:

https://youtu.be/I_NYrWqUR40



Getting started:

What does this video teach us?

- If you fail, keep on trying
- Failure is sometimes a good thing
- Strike confident poses to feel positive
- Play music to boost your confidence
- Surround yourself with people who boost your confidence
- Don't stress, be more relaxed
- Join a new group



Resources:

Things to try to build your confidence

- ☑ Talk to friends and family
- ☑ Join a therapy / counselling group
- ☑ Join a drama / art group or 'speak up' group
- ☑ Talk to your job coach or teacher
- ☑ Express how you feel to people you know

What else?

Where can you go for help?

BE BRAVE



Idea for next steps



- Try a new activity, such as art, dance, yoga, computers, etc.
- Join a gym or an exercise class
- Sign up for a new course
- Make new friends
- Listen to podcasts or motivational songs

Key points:

When you need a confidence boost:

- Reach out to friends and family
- Do some exercise
- Practise self-love
- Do what you need to feel stronger



Session quote:

“ Relax through the difficult times. ”



FACT SHEET 7

Section: Work skills

Topic:

New opportunities and change

Video:

“How to start over in life“



Link to watch the video on YouTube:

<https://youtu.be/efFitX1VoWc>



Getting started:

How can we find new opportunities when things change?

- Find a new course to do
- Look for new activities
- Challenge ourselves with new tasks
- Seek advice from others
- Start looking for a new job
- Do some research online

Resources:



- Remember things don't stay the same
- Take some rest and reflect
- Fill the spaces with things that give you energy
- Give back to get back
- Challenge yourself
- Do things that give you joy
- Mix up solo things with group activities
- Find new opportunities



How can we react better when things change?

Finding your next steps...



Home About Us Information Benefits Resource Bank

Bromley Experts by Experience
(<https://www.xbyxbromley.com>)

Bromley Experts by Experience (X by X) is a user-led charity for Deaf and Disabled People and carers in Bromley.

We run a Peer Information Network.

Where to go for more help with change

- ✓ **DASL (Disability Advice Service Lambeth)**
- ✓ **AoD (Action on Disability)**
- ✓ **Heart n Soul**
- ✓ **Inclusion London has a list of Disabled People's Organisations in London**
(<https://www.inclusionlondon.org.uk/directory/listing/>)

Key points:

- Change is positive
- Do things that make you happy
- Take time for yourself
- Try new things
- Spend time with others
- Research new opportunities



Session quote:

“ It's important to get fresh air. Walk around outside for mental health. ”



Making it Work

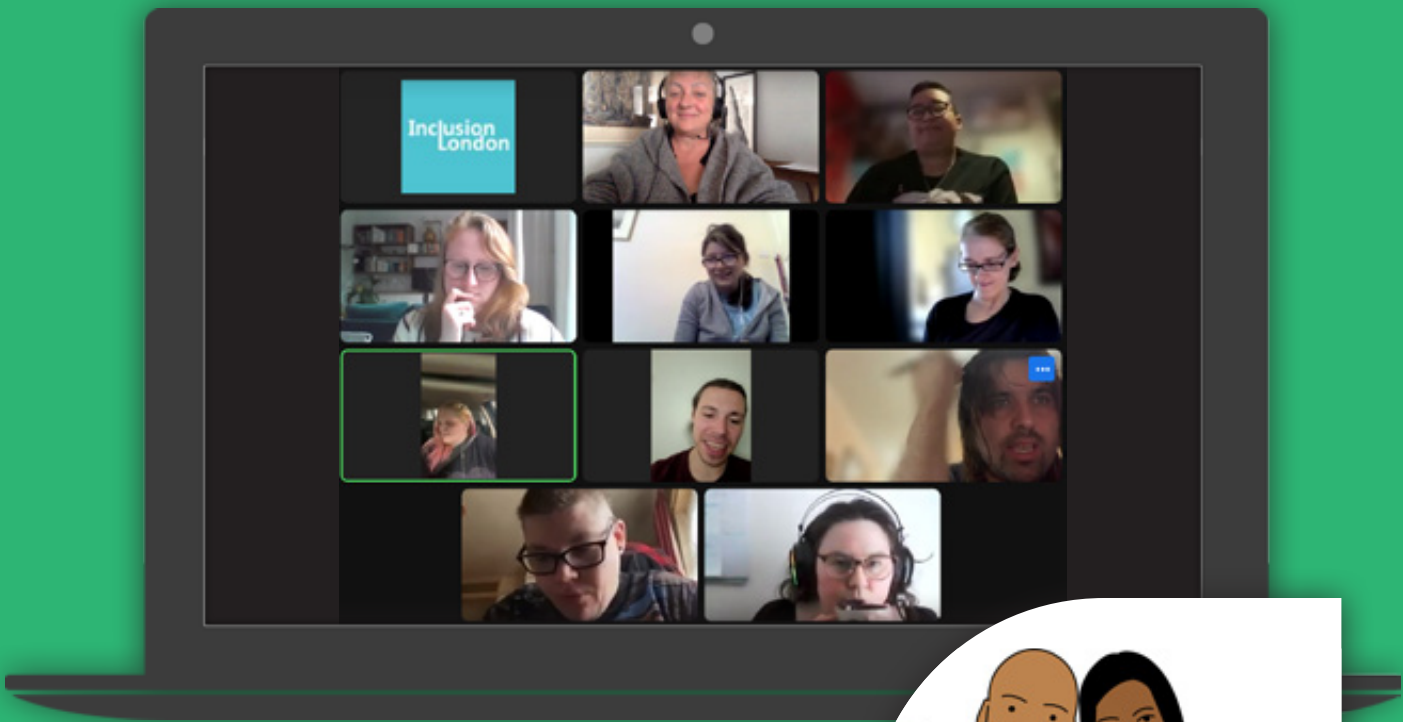
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Section 2:

Wellbeing





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FACT SHEET 8

Section: Wellbeing

Topic:

Managing life's ups and downs

Video:

“Faime - Ups and downs”



Link to watch the video on YouTube:

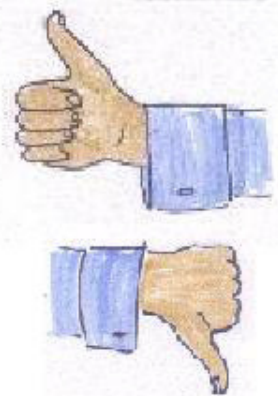
<https://youtu.be/y19Bsu450FE>



Getting started:

Reasons we might feel down:

- Change
- A task going wrong
- Ongoing self-doubt
- Friendship troubles
- Family problems
- Your own health and others' health
- Money and housing problems



Resources:



Managing life's ups and downs...

- It's normal. It can't be the same all the time
- It's a wake-up call - things need to change
- There's usually an up after a down - like a rollercoaster
- It's a time to reach out
- Pick yourself up, brush it off!
- Vision up - make a plan!



What to remember about the downs...

A safe space for us to talk...



- What's shared in the space stays in the space
- Don't share something that will make you feel down again

Where to go for more help through the ups and downs:

- ✓ **A Peer Support Group, to talk more about it**
- ✓ **Mind (<https://www.mind.org.uk>)**
- ✓ **Friends and family**
- ✓ **Watch videos online to help you**

Key points:

- Remember that it's ok to have ups and downs
- Make a plan
- Be strong
- Reach out to your friends, family or professionals
- Look ahead!



Session quote:

“ A down can mean that things need to change. ”



FACT SHEET 9

Section: Wellbeing

Topic:

Health and wellbeing

Video:

“The 5 ways to wellbeing”



Link to watch the video on YouTube:

https://youtu.be/_gJ5V525SCk



Getting started:

What can we do to improve our health and wellbeing?

- Eat well and healthily
- Get out into nature
- Take exercise
- Be kind and gentle with ourselves
- Spend time with friends and family



Resources:

Health and Wellbeing at home and work

How can you improve your health and wellbeing?



- Get up/get your body moving
- Have a screen break
- Eat sensibly, make healthy choices
- Get fresh air, have a walk
- Chat to someone you trust

What else?



THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats



Advice and tips for a healthy life



- Join your local gym
- Try out new walks in your local park
- Join a cooking group
- Try and cook healthily at home
- Be mindful of what you buy in the shops and when eating out

What else?

Key points:

- Look after your wellbeing by being active
- Learn about healthy eating and learn how to cook
- Exercise with your friends or in a group
- Socialise and get to know new people



Session quote:

“ Look at plants and pictures of animals. ”



FACT SHEET

10

Section: Wellbeing

Topic:

Being happy

Video:

“The simple secret to happiness”



Link to watch the video on YouTube:

<https://youtu.be/qxrNCRhxgho>



Getting started:

What makes you feel happy?

- Making new friends
- Moving and doing exercise
- Dancing
- Spending time with loved ones
- Thinking positive thoughts
- Sharing and giving



Resources:

What makes you feel happy?



- doing art activities
- going to a Peer Support Group
- seeing friends and family
- shopping, cinema, eating out
- giving to others



What else?



Be yourself

Be happy in being yourself
Spread joy and happiness – it will come to you
Live in the moment and not in the past
Be happy and think positive for a happy life
Have a dream and reach for the stars
Happiness is like a boomerang!
Happiness is joyful

Advice and tips for happiness



- ✓ think of the good times in the future or past
- ✓ plan a fun day out to look forward to
- ✓ socialise with your family and friends
- ✓ see a show or watch a show online
- ✓ volunteer and focus on other people's happiness

What else?

Happiness is a big plate of food
Happiness is amazing
Happiness is not worrying what people think about you
Happiness is like a big box of chocolates
Spread your smile around the world
Keep on laughing
Happiness is nice
Happiness is like a garden of joy
Happiness is laughing at a good joke

Key points:

Happiness ideas...

- Going to the gym
- Being creative
- Pampering yourself
- Seeing friends and family
- Having a nice meal
- Not stressing and doing your art
- Thinking about the positives



Session quote:

“ Happiness is like a garden of joy. ”



FACT SHEET

11

Section: Wellbeing

Topic:

Friendships

Video:

“Tips on making friends”



Link to watch the video on YouTube:

https://youtu.be/MXP9XI_qZuw



Getting started:

Why it's important to have friends:

- To talk to about life
- To share the same experiences
- To help each other
- To laugh with
- To back you up when you have a problem
- To celebrate achievements



Resources:



5 tips for making friends:



1. Challenge yourself – step out of your comfort zone
2. Pluck up courage to speak to one person at a new meeting or event
3. Gently ask for contact details, if you feel safe to do that
4. Do new things together with friends
5. Always remember your old friends, as making new friends can take time. Don't feel rushed

Good friends v toxic friends



What more can you do to strengthen your friendships?

- Get in touch with your good friends
- See less of troublesome friends
- Strengthen work friendships
- Make friendly gestures (cards, gifts, calls, etc.)
- Do more things together, such as dinner and shows

Key points:

- Value and make time for your friends
- Don't be afraid to speak to new people and create new connections
- Make suggestions of activities you can do together
- Be loving and giving to those who are loving and giving to you



Session quote:

“ You don't need LOTS of friends... a few very good friends is often enough. ”



FACT SHEET

12

Section: Wellbeing

Topic:

Planning our time

Video:

“Tips for effective time management”



Link to watch the video on YouTube:

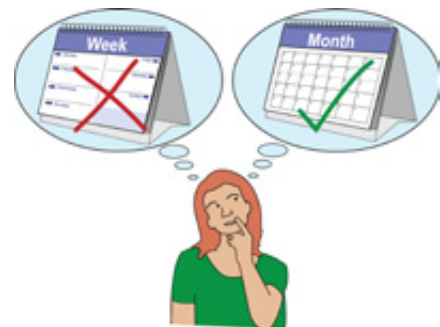
<https://youtu.be/Ril1NkaDXlQ>



Getting started:

Things that can help us manage our time better:

- An alarm clock
- A 'to do' list
- Going to bed on time
- Support of friends and family
- Planning ahead
- A diary
- Thinking about what is most important



Resources:

What can get in the way of good time keeping?

- Not setting your alarm clock
- Trying to do too many things
- Procrastination: putting things off
- Past disappointments / fear of failure
- Not looking after yourself well = low energy



Ideas for a good and healthy evening routine

1. Set up a bedtime routine (including weekends)
2. Take a warm bath or shower before bed
3. Avoid heavy meals and fatty, spicy, or sugary foods just before going to bed
4. Avoid electronic devices for an hour before bed
5. Keep the bedroom dark and cool



1. Make a list of daily tasks – a 'to do' list
2. Eliminate unnecessary tasks
3. Limit time on tv, mobile and other media
4. Make an 'order of importance' list
5. Get up an hour earlier if you can



TIME MANAGEMENT

What to do & where to go for more help with time management:

- Watch more time management videos on YouTube, such as: <https://www.youtube.com/watch?v=A9WFby4wbqg>
- Ask friends, family, support workers or job coaches for support
- Get a routine going, including exercise
- Use a calendar/diary to set reminders

Time Planning...

Key points:

- Go to bed earlier and get up earlier
- Make a list of priorities
- Set out a routine
- Be prepared
- Relax and recharge in the evenings before going to bed
- Don't stress or panic



Session quote:

“ Manage your time well and you will have more time for the things you enjoy. ”



FACT SHEET

13

Section: Wellbeing

Topic:

Preparing for Christmas

Video:

“Staying mindful at Christmas”



Link to watch the video on YouTube:

<https://youtu.be/zx2I8sKwzDE>



Getting started:

How can we be mindful at Christmas?

- Stay ‘present’
- Feel compassion for ourselves
- Meditate
- Show gratitude
- Have a moment of silence
- Pause and reflect



Resources:

Christmas food quiz

- ☑ What's in Xmas stuffing?
- ☑ What is in a Xmas pudding?
- ☑ Name 3 Xmas vegetables?
- ☑ What's your favourite food or drink at Xmas?
- ☑ What do you like to leave for the reindeer and Santa? 😊



Over to you to ask questions?

Reach out at Xmas – how to give back!

- ☑ Help out at a foodbank
- ☑ Take your clothes to a charity shop
- ☑ Help cook the Christmas dinner
- ☑ Send cards and gifts to family and friends
- ☑ Call an elderly neighbour for a warming chat!



What else?

Topics for discussion

1. What makes a good team player?
2. What makes a bad team player?
3. How do you develop your confidence for job interviews and work?
4. Share 3 things you should put on your CV

More topics for discussion

5. What makes a healthy diet so you can focus at work?
6. What are 3 body posture top tips?
7. How can you improve your communication skills?
8. What new things will you try in 2022?

Key points:

When faced with disappointment...

- Reach out to friends and family
- Contact organisations you know well
- Keep busy
- Do something creative



Session quote:

“ In 2022, try out some new activities and make new friends. ”



FACT SHEET

14

Section: Wellbeing

Topic:

New Year's resolutions

Video:

“New Year's resolutions tricks”



Link to watch the video on YouTube:

<https://youtu.be/PyLylq3yU2Y>



Getting started:

How can we change patterns of behaviour and stick to them?

- Make a list of what you want to achieve
- Do one thing at a time
- Don't rush things
- Share your goals with friends and family, for support
- Keep calm
- Remove temptations and triggers



Resources:

New Year, New Resolutions

Tips for getting involved in the arts



- See shows online (e.g. HairSpray and Aladdin)
- Visit the National Theatre or the Tate galleries
- Attend a workshop to build your arts skills
- Do some creative gaming or arts livestreaming
- Listen to some online DJ sets or concerts

Other ideas?

Ways to change yourself:



- Make a realistic plan, with small steps
- Start with one goal – that's enough
- Give yourself a reward for making a change
- Make a 'to do' list
- Remove triggers and temptations



Key points:

Arts ideas:

- Creative writing
- Online arts
- Doing film reviews and radio work
- Drama
- Go to music or art venues
- Online gaming



Session quote:

“ Surround yourself with positive and supportive people. ”



FACT SHEET

15

Section: Wellbeing

Topic:

Peer Support Group reflections

Video:

“What is peer support?”



Link to watch the video on YouTube:

<https://youtu.be/rd2wJ4GSY9k>



Getting started:

Important aspects of a Peer Support Group:

- Seeing friendly faces
- Talking through things that matter to us
- Being Disabled people together
- New skills to make life and work better
- Having a giggle
- Seeing each other shine as contributors and guests

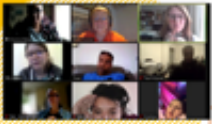


Resources:

What's important in a Peer Support Group?



- Seeing friendly faces
- Talking through things that matter
- Being Disabled people together
- New skills to make life and work better
- Having a giggle
- Seeing people shine



What is Peer Support?

Someone like you and different as well...

- companionship for the journey
- confidence building and supportiveness
- playfulness and safety
- being the same and not the same

What goes into a PSG?

1. Take time to plan to be together
2. Warm up – settle in, smile, relax, get in the zone... people will open up more
3. Set up a safe, accessible space
4. Agenda and clarity about who leads what
5. Different media: YouTube, interviews, polls
6. Timings, not too long a session
7. Checking in and checking out

Your PSG!

How has it been for you?



Key points:

- Learning together
- Being supportive
- Understanding each other and sharing experiences
- Variation during sessions to suit all learners
- Being welcoming and relaxed



Session quote:

“ What a fab and inspirational resource the PSG has been! ”



FACT SHEET

16

Section: Wellbeing

Topic:

Moving on and being our own best friend

Video:

“How to start over in life”



Link to watch the video on YouTube:

<https://youtu.be/efFitX1VoWc>



Getting started:

How to move forward when something is at an end:

- See it as a new opportunity
- Fill the gap with a new activity
- Re-play the good memories
- Do something else, such as join a new club, workshop or class



Resources:

How to fill a gap in your week when something ends...



- Keep busy with other things
- Meet up with some people
- Be kind to yourself
- Pick up the phone or email someone
- Treat yourself to something nice
- Write your achievements in your CV
- Find another group to go to

Looking back at guest speakers who visited Inclusion London's Peer Support Group



- Deen - Digital influencing
- Charlene - Animation / Digital
- Theo - Changing roles
- DJ - Dance
- Ella - Radio
- Alicia - Knitting
- Paige - Theatre ushering
- Cian - Poetry / Spoken Word
- Bromley X by X - Peer Support



Things you might look into now:

- Deen Hallissey on Disability Arts Online
- Ella on Soho Radio - Heart n Soul
- Graeae - shows and podcasts
- Drama clubs / online workshops

Endings



SAYING GOODBYE
DOESN'T MEAN ANYTHING.
IT'S THE TIME WE SPENT
TOGETHER THAT MATTERS,
NOT HOW WE LEFT IT.

TREY PARKER

Key points:

- Endings mean new beginnings
- Be proud of yourself
- Embrace the changes and what you have learnt
- Look ahead in positivity



Session quote:

“ We are supporting and learning from each other. ”



Section 3:

Arts and culture





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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

18

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



FACT SHEET

19

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

20

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 21

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



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
- ✓ ActionSpace.org
- ✓ tate.org.uk/visit/tate-modern
- ✓ 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



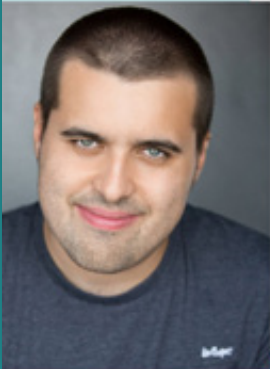
What else?

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. ”



FACT SHEET

24

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
- heartnsoul.co.uk
- 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! ”



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



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



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



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
- ✓ AccessAllAreastheatre.org
- ✓ OutsideIn.org.uk
- ✓ mind.org.uk
- ✓ 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

“

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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