

Breaking Barriers

Celebrating local disabled people overcoming barriers

Join us for drinks and mince pies at an awards ceremony
on the International Day of Disabled People
on Saturday 3rd December 2016

to celebrate how local disabled people are **BREAKING BARRIERS**

Tell us your **BREAKING BARRIERS experiences!**

Richmond AID will mark this year's International Day of Disabled People with our own Breaking Barriers event.

We want to celebrate and showcase how local disabled people have found a way to overcome obstacles and achieve things that are important to them. Many disabled people experience barriers in everyday life that make it much harder to do the things that non-disabled people may take for granted, for example, travelling on a bus, shopping in the high street, studying, socialising or getting a job.

We want to know how disabled people are overcoming barriers.

Please send us your Entry Form by 5pm on Monday 21st November 2016.

For a form and more information please email Colin Brummage on c.brummage@richmondaid.org.uk or call 020 8831 6027

You can also find all the information on our website www.richmondaid.org.uk

Breaking Barriers Award Categories

Please tell us which area/category fits best.

Area	Examples include (but are not limited to)
The arts	Going to a gallery, theatre or other arts venue for the first time, joining a club, producing a piece of work you are pleased with, going to a festival, etc.
Sports	Trying a sport for the first time, going to the gym, doing well in a sport, etc.
Social and leisure	Getting out and about and doing things, making new friends, going to an event, joining a group, doing a course or anything else that brings people together.
Transport and travel	Experiences of travelling on a bus or train independently or for the first time since having a disability
Education, work and training	Applying for a job for the first time, returning to work after becoming disabled, getting your employer to make a reasonable adjustment, getting a qualification, getting more experience, achieving well in school or education, learning new things.
Access	This might be campaigning for a ramp to access a building, or exercising your right to getting a service accessible for you, such as getting a British Sign Language interpreter to access a service.
Access to Healthcare services	Has your GP, dentist, or hospital or other healthcare services adapted their services for you and made them more accessible.
Discrimination	Recognising when you have been treated unfairly because of your disability and getting something done about it.
Voice	Getting your views heard, this could be through a social media campaign or a blog, campaigning for your rights and entitlements, such as a cause you championed or something you contacted your local MP about.
Other	Doesn't fit into one of the above? That's no problem, tell us about it!

Breaking Barriers – Frequently Asked Questions

Who do we want to hear from?

We would like to hear from disabled people or people with a long term condition living in the borough of Richmond. You can be any age. We would like you to tell us your own story or you can nominate a disabled person you know.

Who can nominate?

Anyone! Tell us your own story or get nominating....You can nominate someone with a disability or long term condition who lives in the London Borough of Richmond upon Thames and has overcome a barrier. You can nominate someone of any age, young or old.

What are barriers?

There are many types of barriers. Some examples are; negative attitudes, lack of encouragement, limited information and support, inaccessible equipment, inaccessible buildings or badly designed rules/regulations and policies. Basically, a barrier is something in the way which makes it harder for disabled people to accomplish things.

What sort of things to you want to hear about?

No journey or barrier is too small! We are just as interested in hearing about disabled people overcoming obstacles in ordinary day to day life as we are hearing about people fulfilling lifelong dreams. So, whether it is travelling on a bus for the first time, joining a choir, participating in a sport, going on holiday or canoeing down the Amazon, then we want to hear about it.

What will happen after I send in a Breaking Barriers form?

Everyone who has nominated and who is nominated will be invited to the event and receive a certificate recognising their achievement. We will read out most or all of the nominations on the day. With your permission we may share your story on our website and/or social media.

What if I can't attend the event?

We want to hear your story even if you are not able to come along on the day.

Why should I get involved?

It is really important to share how disabled people are overcoming barriers to independent living. Sharing a story can help other disabled people to take the same journey.

What is the deadline for nominations?

5pm on Monday 21st November 2016