



Dr Amy Kavanagh



Dr Amy Kavanagh speaks, writes and campaigns about a variety of disability issues.



She uses social media to tell people about her experiences as someone with low vision living in London.

[#JustAskDontGrab](#)

In 2018 she started the [#JustAskDontGrab](#) hashtag.



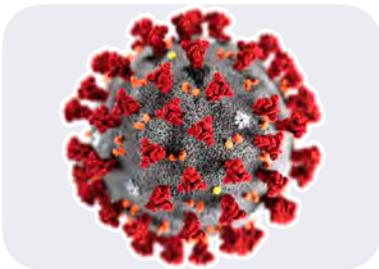
This is now used around the world to say that disabled people don't want to be touched without asking as they get around.



#JustAskDontGrab has also been used by disabled women to talk about the problems of sexual harassment.



During **COVID-19**, Amy set up The Staying Inn as an online place that disabled people can meet rather than being alone.



COVID-19 is also called Coronavirus. It is an illness that is spreading around the world. It can affect your lungs and breathing.



More than 2,500 people now use The Staying Inn to meet up.



In 2020 Amy joined up with her guide dog Ava. Ava has helped Amy feel more confident and independent during a difficult year.



Websites:

- www.amykavanagh.co.uk
- www.thestayinginn.org.uk



Twitter:

- www.twitter.com/BlondeHistorian
- www.twitter.com/GuideDogAva



Instagram

- www.instagram.com/blondehistorian
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TikTok:

www.tiktok.com/@guidedogava

