



**Easy
Read**

The

shaw trust

Disability Power 100

2022

#DisabilityPower100

www.disabilitypower100.com

**shaw
trust**

40
YEARS

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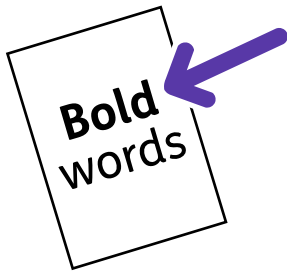
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In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



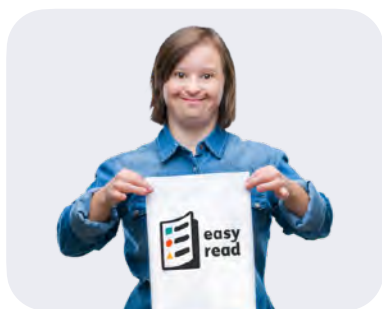
Some words are [blue and underlined](#).
These are links that will go to another website which has more information.

Welcome from Shaw Trust



Welcome to the Shaw Trust Disability Power 100 List.

Every year we share 100 disabled people who have done amazing things to help make changes across the UK.



This Easy Read document will give you some information about us, then share with you this year's Disability Power 100 List.



You can find an online PDF of the Disability Power 100 List here:
www.disabilitypower100.com/

Our judges



We have a group of judges who help us choose who should be included in the Disability Power 100.



The judges are all people who have done things to improve the lives of disabled people in the UK and around the world.

- **Caroline Casey.** She was number 1 in our Disability Power 100 last year and has set up the Valuable 500 list.
- **Jonathan Andrews.** Jonathan is a lawyer who is changing the way disabled workers are hired and managed.
- **Seema Flower.** Seema set up and manages the company Blind Ambition.
- **Dr Hamied Haroon.** Dr Hamied is a scientist who is leading studies at the University of Manchester.

- **Georgia Head.** Georgia represents the Whizz-Kidz Kidz Board in the South East of England.
- **Cherylee Houston.** Cherylee is an actress who has been in the TV programme Coronation Street for 12 years.
- **Tom Hunt MP.** Tom is a member of the Government who has been disabled from a young age.
- **Tom Jamison.** Tom is in charge of deciding what goes in Able Magazine.
- **Dr Kush Kanodia.** Dr Kush led the successful #NoWheelChairTax project.
- **Justin Levene.** Justin is a wheelchair sportsman and public speaker.
- **Diane Lightfoot.** Diane is in charge of an organisation called Business Disability Forum, which supports businesses to include disabled people in their work.

- **Kamran Mallick.** Kamran is in charge of Disability Rights UK.
- **Sophie Morgan.** Sophie is a physically disabled TV presenter who speaks up for disabled people.
- **Sarah Pugh.** Sarah is a leading manager at Whizz-Kidz.
- **Stuart Robinson.** Stuart was the captain of Great Britain's wheelchair rugby team for big sport competitions, such as the Paralympics.
- **Mike Sharrock.** Mike is in charge of the UK's biggest disability sport charity called the British Paralympic Association.
- **Natasha Trotman.** Natasha is an artist and designer who uses lots of different kinds of art to look at living with a disability.
- **Jacqueline Winstanley.** Jacqueline is an expert on including disabled people and making sure they can access the things they need.

Arts, Fashion and Design

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Andrew Miller MBE



Andrew is a television presenter who supports and encourages disabled people to take part in the arts.

He is in this year's Disability Power 100 Top 10.

Andrew has:



- Helped create the #WeShallNotBeRemoved project - this is about showing how disabled people do not have equal opportunities in the arts.



- Helped write the 7 inclusive principles - these are a guide to help arts organisations include disabled people.



- Become the UK's first Disability Champion for Arts and Culture. He has used this role to try and involve different people in the arts.



Website:

www.linkedin.com/in/andrew-miller-arts/



Twitter:

www.twitter.com/AndrewM_Arts



Instagram:

www.instagram.com/andrewm_arts/



LinkedIn:

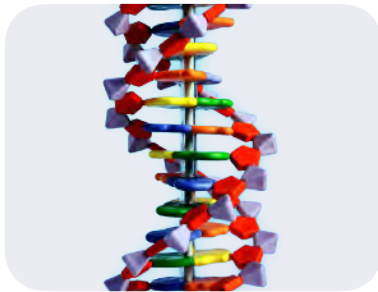
www.linkedin.com/in/andrew-miller-arts/



Ellie Goldstein



Ellie is a model who has **Down Syndrome**.



Down Syndrome is a disability where the cells in someone's body are different. It can affect their mind and body as they grow up.



Ellie has:

- Been a model for lots of different clothing companies, like Adidas.



- Had her picture on the front cover of lots of different magazines, like Elle.



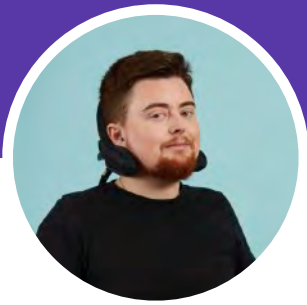
- Done interviews on television and the radio.



Ellie would like to encourage other people with disabilities, and be someone for them to look up to.



Instagram:
[www.instagram.com/
elliejg16_zeebedemodel](https://www.instagram.com/elliejg16_zeebedemodel)



Jamie Hale



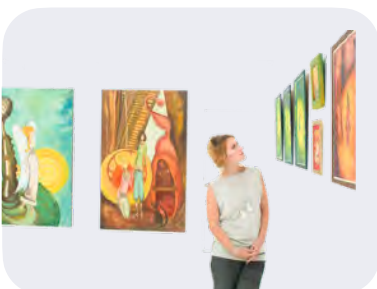
Jamie created and owns an arts organisation called CRIPtic Arts.



CRIPtic Arts is one of the biggest arts organisations in the UK that creates arts opportunities for disabled people.



Jamie uses CRIPtic Arts to look into what stops disabled people from taking part in arts and how we can include them more.



Jamie has also organised 2 big events that show art made by disabled people.



Website:

www.jamiehale.co.uk/



Twitter:

www.twitter.com/JamieRHale



Instagram:

www.instagram.com/JamieRHale



Kate Stanforth

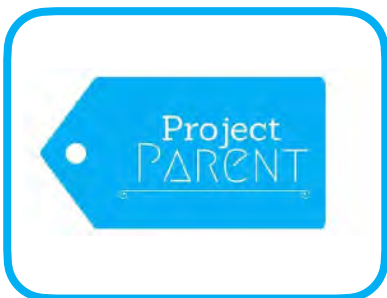


Kate is a disabled dancer and model who cares about making sure everyone can take part in dance.

Kate has:



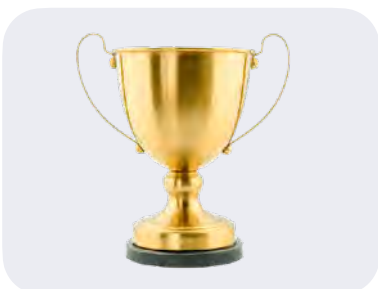
- Set up a dance school for disabled students, which also employs disabled teachers.



- Started a charity called Project Parent which supports parents whose children are in hospital.



- Been a model for many well known companies, like Starbucks.



- Won an award for her dance and charity work.



Website:

www.katestanforthacademyofdance.com



Twitter:

www.twitter.com/KateStanforth



Facebook:

[www.facebook.com/
katestanforthpublic/](http://www.facebook.com/katestanforthpublic/)



Instagram:

www.instagram.com/katestanforth



LinkedIn:

www.linkedin.com/in/katestanforth/



Youtube:

[www.youtube.com/c/
KateStanforthYoutube](http://www.youtube.com/c/KateStanforthYoutube)



TikTok:

www.tiktok.com/@katestanforth



Samanta Bullock



Samanta is a disabled model and businesswoman who loves fashion.



Samantha owns a fashion company called SB Shop that works to include disabled people in fashion.

Samanta has also:



- Set up a fashion show called London Represents which is all about including everyone.
- Played tennis for Brazil and won a silver medal.





- Set up a charity that creates projects for sports and fashion companies to help them include disabled people more.



Website:
www.londonrepresents.com



Twitter:
www.twitter.com/SAMABULLOCK



Facebook:
www.facebook.com/samantabullockofficial



Instagram:
www.instagram.com/samantabullock/



LinkedIn:
www.linkedin.com/in/samantabullock-b0403a12/



Youtube:
www.youtube.com/channel/UCyu2MG3b-WhExoX5m24m1QA



Victoria Ann Jenkins



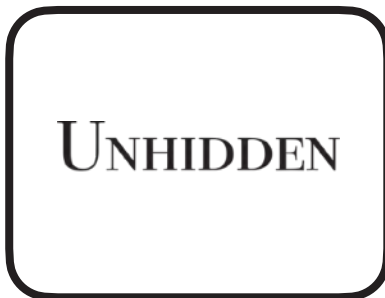
Victoria is a disabled fashion designer who also speaks up on the issues disabled people have to deal with.

Victoria thinks including disabled people in fashion is very important.

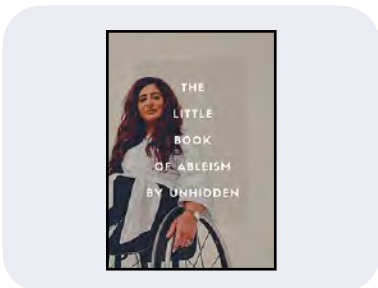


Victoria is in this year's Disability Power 100 Top 10.

Victoria has:



- Set up a fashion company for disabled people called Unhidden.



- Written a book called The Little Book of Ableism - it is a guide for non-disabled people to understand and learn more about including disabled people.



- Given lots of public talks about including disabled people. Websites:



www.unhiddenclothing.com
www.victoriaann.online



Twitter:
www.twitter.com/ToriaUnhidden



Facebook:
www.facebook.com/Victoriaannofficial



Instagram:
www.instagram.com/victoriaannofficial/



LinkedIn:
www.linkedin.com/in/victoria-jenkins-812b7027/?originalSubdomain=uk



TikTok:
www.tiktok.com/@victoriaannofficial

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Charlotte Valeur



Charlotte set up and owns an organisation called the Institute of Neurodiversity (ION).



Charlotte uses ION to support **Neurodivergent** people to be equal and included in government and business.



Neurodivergent means your brain works in a different way to most people. You may be autistic or have a mental health condition.



Charlotte would like more Neurodivergent people to be included in government and business.



Charlotte has:

- Been in charge at 8 different companies.
- Been part of the board at lots of different companies - the board is a group of people at a company who make important decisions.



Website:

www.ioneurodiversity.org



Twitter:

www.twitter.com/ION_Diversity

www.twitter.com/kcvaleur



Facebook:

www.facebook.com/groups/370583457415404



LinkedIn:

www.linkedin.com/company/impact-of-neurodiversity-ion/



Dr Nancy Doyle



Dr Doyle is a psychologist who works to make sure **neurodivergent** people are included in all areas of work.



Neurodivergent means your brain works in a different way to most people. You may be autistic or have a mental health condition.



Dr Doyle created an organisation called Genius Within CIC that supports other organisations to include neurodivergent people.



She was also in a TV programme called Employable Me which helped a group of disabled people find their perfect job.



Website:
www.geniuswithin.org



Twitter:
www.twitter.com/NancyDoylePysch



Facebook:
www.facebook.com/GeniusWithinCiC/



Instagram:
www.instagram.com/nancydoylepsych/



LinkedIn:
www.linkedin.com/in/nancy-doyle-phd-0887767/



YouTube:
www.youtube.com/channel/UCzt0t-LwPJoUSFmHWwPeBg



TikTok:
www.tiktok.com/@nancydoylepsych



Elaine Boyd



Elaine is a Director for Audit Scotland - they are an independent company that checks whether public services are spending their money in the right way.



Elaine also has an important role at the charity Exceed Worldwide which supports people with disabilities in poorer areas.



Elaine cares a lot about making sure disabled people like her can take part in any activity they would like to.



She enjoys activities such as cycling and skiing.



Websites:

www.audit-scotland.gov.uk

www.exceed-worldwide.org

www.accaglobal.com



Twitter:

www.twitter.com/ElaineB59270675



LinkedIn:

[www.linkedin.com/in/elaine-boyd-](http://www.linkedin.com/in/elaine-boyd-fcca-8765831b9/)

[fcca-8765831b9/](http://www.linkedin.com/in/elaine-boyd-fcca-8765831b9/)



Elisabeth Wooller

Sainsbury's

Elisabeth has an important manager role at Sainsbury's, and is also in charge of helping the company work with disabled people.



Elisabeth uses her own experience of having a hearing disability to help places of work give disabled people better support.



Elisabeth has given lots of public talks about living with a disability to help businesses understand how they can support disabled people.



She is currently writing a book which will support readers to deal with challenges in places of work.



Instagram:
[www.instagram.com/
elisabethwooller/](https://www.instagram.com/elisabethwooller/)



LinkedIn:
[www.linkedin.com/in/
elisabethwooller/](https://www.linkedin.com/in/elisabethwooller/)



Helen Cooke



Helen thinks it is important that having a disability or health condition does not stop people from having the job they would like.



So she set up MyPlus - a business which helps organisations understand how hiring disabled people can be a good thing.



Helen has also set up a website called My Plus Students Club which gives young disabled students:



- Support and advice to find job opportunities.



- Information about employers.



Outside of her job Helen works to support disabled people, especially people with back injuries like herself.



She does this through an organisation called Back Up Trust.



Websites:

www.myplusconsulting.com

www.myplusstudentsclub.com



Twitter:

www.twitter.com/myplusvoice



Instagram:

www.instagram.com/myplusstudents/



LinkedIn:

www.linkedin.com/company/my-plus/?originalSubdomain=uk

www.linkedin.com/showcase/myplus-students'-club/



Jacqui Wallis



As a disabled woman, Jacqui understands the challenges that stop disabled people from being included in different areas of life.

To make sure no disabled person is ignored or left out Jacqui has:



- Worked at an organisation called Genius Within, where she is in charge of making sure the organisation's work includes everyone.



- Helped and supported the Celebrating Neurodiversity Awards.



- Used her role to teach others about the challenges disabled people face.



Website:
www.geniuswithin.org



Twitter:
www.twitter.com/geniuswithinCIC



Facebook:
www.facebook.com/GeniusWithinCIC/



Instagram:
www.instagram.com/geniuswithinuk/



LinkedIn:
www.linkedin.com/company/genius-within-cic/



Youtube:
www.youtube.com/channel/UCzt0t-LwPJoUSFmHWwyPeBg



Joshua Wintersgill



Joshua believes all transport should be **accessible** to disabled people.

Accessible means it is easy to use and suitable for people with different needs.



To help make this happen Joshua set up a company called Able Move Ltd.

Able Move Ltd sells equipment that helps disabled people use public transport safely.



Joshua and his company have won awards for their work.



He has also been involved in lots of charity work and recently gave an important talk about disabled people having jobs.



In his personal life Joshua is a sportsman who would like to represent Great Britain in shooting.



Website:
www.ablemove.co.uk



Twitter:
www.twitter.com/ableMoveUK/



Facebook:
www.facebook.com/ableMoveUK/



Instagram:
www.instagram.com/easytravelseat/



LinkedIn:
www.linkedin.com/company/ablemoveuk/



Youtube:
www.youtube.com/channel/UC0bwyX-oArMFH2jUpKSdimg



Julian John



Julian is the owner of a successful business called **Delsion**.

Delsion supports companies and businesses to include everyone in their work.



Julian uses his own experience of challenges in the workplace to help others include disabled people more.



Julian has won lots of awards for his work at Delsion.



Website:
www.delsion.co.uk



Twitter:
www.twitter.com/Delsion
[www.twitter.com/Jules John](https://www.twitter.com/Jules_John)



Instagram:

www.instagram.com/delsion_wales/



LinkedIn:

www.linkedin.com/company/delsion-diversity/about/



Keely Cat-Wells



Keely is a successful businesswoman who has set up a company called **C Talent**.

C Talent is an award winning company which manages deaf and disabled artists.



C Talent has provided deaf and disabled artists with work with some big organisations, such as Disney and Nike.



Both C Talent and Keely have won lots of awards for their work.



Keely has also:

- Given important talks about disability to organisations like Google and the United Nations.



- Worked with President Biden.



Website:

www.keelycatwells.com/



Twitter:

www.twitter.com/KeelyCatWells



Facebook:

www.facebook.com/KeelyCatWells/



Instagram:

www.instagram.com/keely_cat_wells/



LinkedIn:

www.linkedin.com/in/keelycatwells/



Maria Grazia Zedda



Maria is an award-winning public speaker and author who wants to change how non-disabled people think about disabled people.



At the moment she is the manager of Equality, Diversity and Inclusion at a train and railway organisation called HS2.



Maria makes sure HS2 is including and thinking about everyone in their work.



She also makes sure that when HS2 look for new workers they do not ignore or leave anyone out.



Maria has given lots of public talks and speeches about disability and including everyone.



Website:
www.hs2.org.uk/



Linkedin:
[www.linkedin.com/in/
mariagraziazedda/](http://www.linkedin.com/in/mariagraziazedda/)



Mark Esho MBE



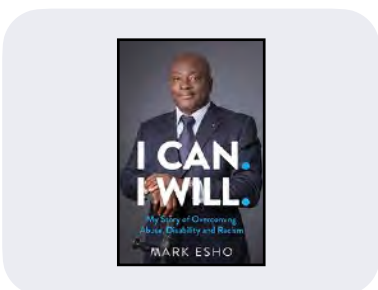
Mark has had to use a wheelchair to move around since he was 5 years old.



His positivity and hard work has helped him deal with challenges and become the owner of several businesses.



Mark's newest project is called The Circle Foundation - which helps disabled people start their own business.



Mark has also:

- Written a book called 'I Can. I Will.'



- Won many awards for his work.



- Given speeches at events about living with a disability.



Website:

www.easy-internet.co.uk



Facebook:

www.facebook.com/eshomark



Instagram:

www.instagram.com/mark_esho



LinkedIn:

www.linkedin.com/in/markesho/



Youtube:

www.youtube.com/c/MarkEshoUK



TikTok:

www.tiktok.com/@mark.esho



Martyn Sibley

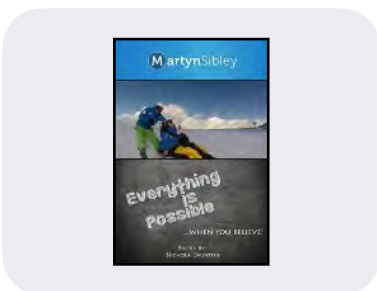


Martyn has become a disabled **influencer** after becoming interested in social media.

An **influencer** is someone on social media who has a lot of knowledge about a topic.



Martyn uses social media to talk about living with a disability and support other disabled people.



As well as being an influencer, Martyn has:

- Written a book called 'Everything is Possible'.
- Created a magazine called Disability Horizons which has allowed many disabled people to get their voices heard.





- Helped set up companies which provide disabled people with opportunities.



Websites:

www.purplegoatagency.com

www.disabilityhorizons.com

www.martynsibley.com



Twitter:

www.twitter.com/martynsibley



Facebook:

www.facebook.com/martyn.sibley.7

www.facebook.com/martynsibleyblog



Instagram:

www.instagram.com/martynsibley



LinkedIn:

[www.linkedin.com/in/martyn-](https://www.linkedin.com/in/martyn-sibley-1227b411/)

[sibley-1227b411/](https://www.linkedin.com/in/martyn-sibley-1227b411/)



Youtube:

www.youtube.com/user/martynsibley



TikTok:

www.tiktok.com/@martyn_sibley



Matt Hampson



Since an accident at his rugby team training, Matt has been **paralysed** from the neck down.

Paralysed means you are unable to move your body.



Matt set up the Matt Hampson Foundation to help other people who have had similar injuries.



He is involved in the foundation's Get Busy Living Centre which provides support to other people with injuries.



Matt's book 'Engage' explains his accident and how he coped with the changes to his life. It won a Sports Book of the Year award.



Matt also gives talks to schools, universities and businesses across the country.



Website:

www.matthampsonfoundation.org



Twitter:

www.twitter.com/hambofoundation



Facebook:

[www.facebook.com/
matthampsonfoundation](http://www.facebook.com/matthampsonfoundation)



Instagram:

[www.instagram.com/
hambofoundation](http://www.instagram.com/hambofoundation)



LinkedIn:

[www.linkedin.com/company/the-
matt-hampson-foundation](http://www.linkedin.com/company/the-matt-hampson-foundation)



YouTube:

[www.youtube.com/channel/
UC6IPRODzW26AYuFNFUGvYow/
featured](http://www.youtube.com/channel/UC6IPRODzW26AYuFNFUGvYow/featured)



Mike Adams



Mike cares about changing how non-disabled people think about disabled people.



Mike is in charge of a company called Purple.

Purple provides products and services which support both disabled people and businesses.



One of these successful services is called Purple Tuesday, which supports businesses to improve how they help disabled customers.



Using Purple Tuesday Mike would like to make sure disabled people are always thought about and included.



Recently Mike gave an important talk at a United Nations meeting about why disability matters.



Website:

www.wearepurple.org.uk



Instagram:

[www.instagram.com/
purple_mikeadams/](http://www.instagram.com/purple_mikeadams/)

www.instagram.com/wearepurple_org



LinkedIn:

[www.linkedin.com/in/mike-adams-
purple](http://www.linkedin.com/in/mike-adams-purple)

[www.linkedin.com/company/we-are-
purple](http://www.linkedin.com/company/we-are-purple)



Natalie Hiller



Natalie wants to show that disabled people can be successful.



She became an accountant and works at PwC, which is a large accountancy company.



Natalie works with PwC's inclusion team, where she helps the company involve and include disabled people.

Natalie has also:



- Recorded a video about living with a disability and the strengths of disabled people. This video will be used to train other companies.



- Taken part in and spoken at events.



- Encouraged other disabled students to work in accounting.

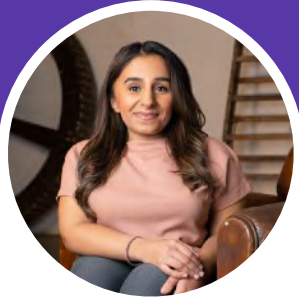


- Worked to change how people see disabled people.



LinkedIn:

www.linkedin.com/in/natalie-hiller



Shani Dhanda



Shani Dhanda has won many awards for the businesses she has set up and the work she has done.

She is in this year's Disability Power 100 Top 10.

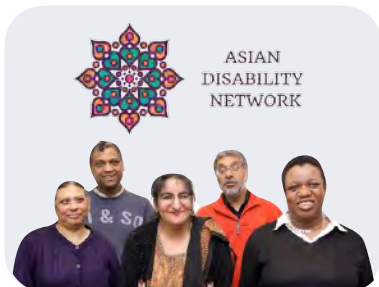
She has set up:



- Diversability - a website that helps disabled people get things cheaper.



- Asian Woman Festival, which reaches over 2 million people in 38 countries.



- Asian Disability Network.



Shani helps many businesses include disabled people and people from different backgrounds.



Shani has made important public speeches, including talking to the United Nations.



She has also been on many well known TV programmes including This Morning.



Website:
www.shanidhanda.com



Twitter:
www.twitter.com/ShaniDhanda



Facebook:
www.facebook.com/ShaniDhandaOfficial/



Instagram:
www.instagram.com/shanidhanda/



LinkedIn:
www.linkedin.com/in/shanidhanda/?originalSubdomain=uk



Youtube:

[www.youtube.com/channel/
UCfQObFXXt3nd8kGGI2DVbMg](https://www.youtube.com/channel/UCfQObFXXt3nd8kGGI2DVbMg)



TikTok:

www.tiktok.com/@shanidhanda



Steve Dering



Steve is a director at an organisation called Direct Access.

At Direct Access Steve helps organisations all over the world make their work **accessible** to disabled people.



Accessible means it is easy to use and suitable for people with different needs.



Steve is also taking part in some very important research at the University of Glasgow.



This research is looking into how COVID-19 has affected how deaf and disabled people access different places.



Website:

www.directaccessgp.co.uk



Twitter:

www.twitter.com/DirectAccessGP



Facebook:

www.facebook.com/DirectAccessGp/



LinkedIn:

www.linkedin.com/in/stevedering/?originalSubdomain=uk



Steve Ingham



Steve is **Chief Executive** Officer at a successful business called PageGroup.



A **Chief Executive** is the person in charge of the staff and the work they do at an organisation.



PageGroup helps other people get the job they want, no matter their background.



Using his role Steve speaks up about how businesses should employ and include disabled people.



Steve has been awarded a CBE for his work in business and supporting people with disabilities.



Website:
www.page.com/



Twitter:
www.twitter.com/pagegroupceo



LinkedIn:
www.linkedin.com/in/steve-ingham-1aa5a86b/
www.linkedin.com/company/pagegroup/

Community Action Individuals

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Ben Andrews

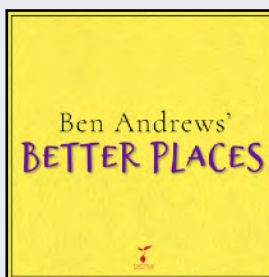


BEYOND
EMPOWER

Ben has set up his own company called Beyond Empower.



Ben uses Beyond Empower to help different organisations support disabled people to be healthy and active.



Ben Andrews'
BETTER PLACES

Ben has also written a book for children called Better Places.

It is a fun book that teaches children about how some things in life can be difficult for disabled people.



Ben hopes his book will encourage children to grow up thinking about disabled people, and how to include them.



Websites:

www.beyondempower.co.uk

www.betterplaces.uk

www.benandrewsinc.com/



Twitter:

www.twitter.com/BenAndrewsINC



Facebook:

[www.facebook.com/profile.php?](https://www.facebook.com/profile.php?id=100067741883009)

[id=100067741883009](https://www.facebook.com/profile.php?id=100067741883009)



Instagram:

[www.instagram.com/](https://www.instagram.com/_benandrewsinc/)

[_benandrewsinc/](https://www.instagram.com/_benandrewsinc/)



LinkedIn:

[www.linkedin.com/in/ben-](https://www.linkedin.com/in/ben-andrews-742565b9/?originalSubdomain=uk)

[andrews-742565b9/?](https://www.linkedin.com/in/ben-andrews-742565b9/?originalSubdomain=uk)

[originalSubdomain=uk](https://www.linkedin.com/in/ben-andrews-742565b9/?originalSubdomain=uk)



Youtube:

[www.youtube.com/channel/](https://www.youtube.com/channel/UCM0ArmOHDLXLS6DJeFP7yJQ)

[UCM0ArmOHDLXLS6DJeFP7yJQ](https://www.youtube.com/channel/UCM0ArmOHDLXLS6DJeFP7yJQ)



TikTok:

www.tiktok.com/@benandrewsinc



Beth Kume-Holland



Beth set up and manages a company called Patchwork Hub.



Patchwork Hub works with companies to help them include disabled people in their business.



This includes employing disabled people and involving disabled people in making decisions.



Both Beth and Patchwork Hub have won awards for their work.



Beth wants more leaders in business to help include disabled people in companies and businesses.

Find Patchwork Hub



Website:

www.patchworkhub.org



Twitter:

www.twitter.com/patchworkhub



Facebook:

www.facebook.com/patchworkforce



Instagram:

www.instagram.com/patchworkhub/



LinkedIn:

[www.linkedin.com/company/
patchworkhub/](https://www.linkedin.com/company/patchworkhub/)



Youtube:

[www.youtube.com/channel/
UCf9tmkC7b4d-2ND8vFexxOw](https://www.youtube.com/channel/UCf9tmkC7b4d-2ND8vFexxOw)



TikTok:

www.tiktok.com/@patchworkhub

Find Beth Kume-Holland



Website:
www.bethkh.com



Twitter:
www.twitter.com/bethkumeholland



Instagram:
[www.instagram.com/
bethkumeholland/](http://www.instagram.com/bethkumeholland/)



LinkedIn:
[www.linkedin.com/in/beth-kume-
holland/](http://www.linkedin.com/in/beth-kume-holland/)



TikTok:
www.tiktok.com/@bethkumeholland



Ciara Lawrence



Ciara works for an organisation called Mencap, which works to support people with learning disabilities.



Ciara speaks up for people with a learning disability and is a part of lots of **campaigns** that support people with learning disabilities.



A **campaign** is work to try and change something.



Ciara also has her own podcast to talk about important issues.



Website:
www.mencap.org.uk



Twitter:
www.twitter.com/ciarale01



Facebook:
www.facebook.com/ciaraann.evans



Instagram:
www.instagram.com/ciara.lawrence/



LinkedIn:
www.linkedin.com/in/ciara-lawrence-b3413292/



Youtube:
www.youtube.com/channel/UCuPccPaj06hfZazOOuKGKWg/featured



TikTok:
www.tiktok.com/@ciaralawrence512



Claire Walters



Claire is the **Chief Executive** for a charity called Bus Users UK.

A **Chief Executive** is the person in charge of the staff and the work they do at an organisation.

Claire and Bus Users UK work to:

- Make public transport accessible for disabled people.

Accessible means whether somewhere is easy to get to and use for all people.



- Help disabled people who want to make a complaint about public transport.



Claire has also just started a role where she will help to make sure more buses in the UK are accessible for disabled people.





Website:
www.bususers.org



Twitter:
www.twitter.com/BusUsersUK



Facebook:
www.facebook.com/BusUsersUK



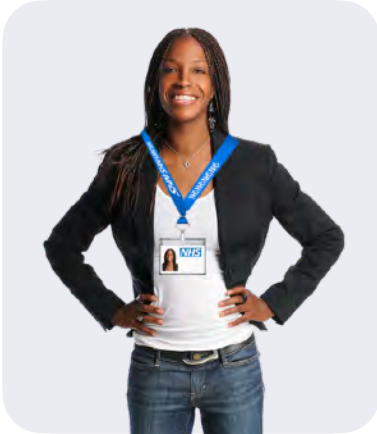
LinkedIn:
www.linkedin.com/company/bus-users-uk



Youtube:
www.youtube.com/channel/UCjZ9mx7_Hoa45jSIPI5noxA



Cristina Serrão



Cristina works as a **Lived Experience Ambassador** for the NHS.

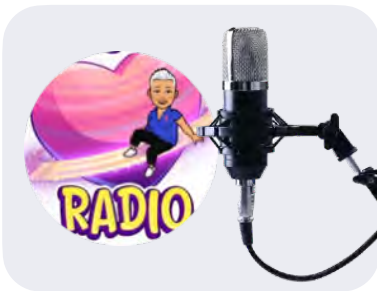
A **Lived Experience Ambassador** is someone who has lived with health issues, and uses their experience to help change services.



Cristina uses her role to help the NHS involve health service users in the planning and improving of services.



Cristina cares a lot about making sure everyone in the UK has the same access to health services.



Cristina also has her own radio station called Lemonade Radio, where she talks about lots of important issues.

Find Cristina Serrão



Website:

www.thebigconversation.nhs.uk



Twitter:

www.twitter.com/acserrao76



Instagram:

www.instagram.com/acserrao76/



LinkedIn:

www.linkedin.com/in/cristina-serrao

Find Lemonade Radio



Website:

www.lemonade.radio



Twitter:

www.twitter.com/LemonadeRadioUK



Instagram:

www.instagram.com/lemonaderadioltd/



Dr Cor Hutton



In 2013, doctors had to **amputate** Cor's hands and legs.

Amputate means to remove someone's arms, legs, hands or feet. An amputee is a person who has had one of these body parts removed.



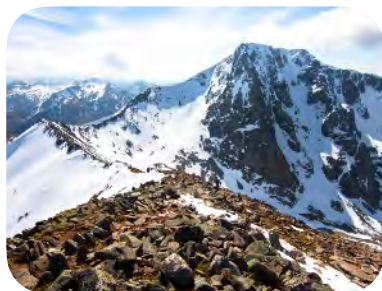
Cor has gone on to achieve lots of things, including setting up her charity called Finding Your Feet.

Finding Your Feet changes the lives of many amputees and their families.

Cor has:



- Won awards for her work and her charity.



- Been the first female amputee to climb the mountain Ben Nevis and complete the London Triathlon.



- Spoken at events across the UK and on television.



Website:
www.FindingYourFeet.net



Twitter:
www.twitter.com/CorHutton



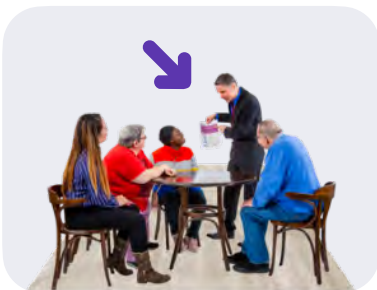
Instagram:
www.instagram.com/dr_cor_hutton/



Dr Halima Begum



Dr Halima is **Chief Executive** of the Runnymede Trust, which works to make things fairer for people of different backgrounds.



A **Chief Executive** is the person in charge of the staff and the work they do at an organisation.



Halima is in this year's Disability Power 100 Top 10.



Halima is disabled and was born in Bangladesh, but she grew up in London.



She has had leadership roles in Government departments, where she helps disabled people living in other countries.



Recently Halima and her team won a court case, meaning the Government can no longer ignore disabled people when hiring new managers.



Website:

www.runnymedetrust.org



Twitter:

www.twitter.com/halima_begum



Instagram:

www.instagram.com/halima_begum_east_london/



LinkedIn:

www.linkedin.com/in/halima-begum-45b24b19



Joanne Austin



Joanne works for HSBC, which is a bank in the UK.

Joanne thinks it is important that HSBC is a workplace that supports and includes disabled people.

Joanne helps lead a group in HSBC that supports HSBC staff who are:

- Disabled.
- Carers or parents of someone who is disabled.
- Managers of staff members who are disabled.





Joanne's work has helped HSBC make their computer screens accessible for 250,000 members of staff.



Website:
www.hsbc.co.uk/



LinkedIn:
www.linkedin.com/in/joanne-austin-a0a1065a/



Kiera Roche



After becoming an **amputee** Kiera found it very difficult to take part in sports and physical activity.

An **amputee** is a person who has had a leg, arm, foot or hand removed.



Since then Kiera has worked very hard to make sure everyone can take part in sports and physical activity.

Working with her charity team, LimbPower, she has:



- Supported young people and children to be able to take part in PE at school.



- Helped with research that looks into supporting amputees.



- Created a fitness programme to help amputees get back into sport.



Website:
www.limbpower.com



Twitter:
www.twitter.com/kieraroché



Facebook:
www.facebook.com/Kieraroché



Instagram:
www.instagram.com/jaimesommers/



LinkedIn:
www.linkedin.com/in/kiera-roche/



Lee Ellery



Lee helps groups and organisations share information about the issues that affect disabled people.

Lee wants to make sure disabled people's voices are heard.



Lee is very proud of the work he has done to make sure disabled people's voices are heard. He has:

- Worked with the Government in Wales to write a plan for disabled people.
- Given training to students about how to include and work with disabled people.



Facebook:
www.facebook.com/lee.ellery.549



Mark Webb



Mark is a speaker and campaigner for disabled people. A campaigner is someone who works on **campaigns**.



A **campaign** is work to try and change something.



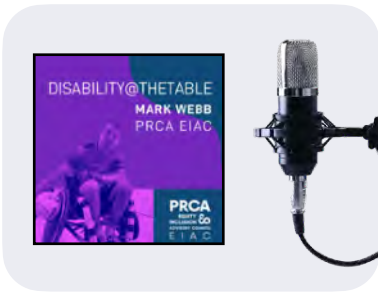
Mark currently has a role at Reflect. Reflect is a company that supports and manages artists from different backgrounds.



Mark is also the UK Disability Lead for one of the world's largest **public relations** companies.



Public relations is how a company is seen by people.



Mark also:

- Has set up a podcast called 'Disability@TheTable'.



- Gives talks and speeches in public about living with a disability.



Website:

www.reflecttheagency.com



Twitter:

www.twitter.com/MarkWebb_



Instagram:

www.instagram.com/markwebb99



LinkedIn:

www.linkedin.com/in/mark-webb-42b9124



Youtube:

www.youtube.com/channel/UCNJ_8BmjOo8aYiUtvEvRPww



Martin Austin MBE



Martin owns and leads a service called **Nimbus Disability**.

Nimbus Disability helps different organisations follow the laws about how they should support disabled people.



Nimbus also offers different services like The Access Card, which is a way for disabled people to safely tell others they are disabled.



Martin also:

- Plays both wheelchair basketball and para ice hockey.
- Does work for The Richard Whitehead Foundation, which provides sports equipment and opportunities to disabled people.





- Has won awards for his work.



Websites:

www.accesscard.org.uk

www.accesscard.online

www.nimbusdisability.com

www.whitehead.foundation



Twitter:

www.twitter.com/TheRealMyth



LinkedIn:

www.linkedin.com/in/martin-austin-mbe-26b87823



Samantha Renke



Samantha Renke is an actor, TV and radio presenter, writer and a **campaigner** for disability rights.



A **campaigner** is someone who works on campaigns. A campaign is work to try and change something.

Samantha speaks and writes about disability rights. She:



- Has been on many TV and radio programmes including Morning Live (BBC 1), Loose Women (ITV1), and Jeremy Vine on 5 (Channel 5).



- Writes for the Metro and has written for other magazines and newspapers.



- Speaks for Scope and is involved in Head2Head Theatre.



- Has written a book called 'You Are the Best Thing Since Sliced Bread.'



Website:

www.samantharenkeofficial.com



Twitter:

www.twitter.com/samantharenke



Facebook:

www.facebook.com/samantharenke/



Instagram:

www.instagram.com/samantharenke/



LinkedIn:

www.linkedin.com/in/samantharenke/?originalSubdomain=uk



Vicci Livingstone-Thompson



After Vicci left university she found it very difficult to get a job as a disabled woman.



So she decided to set up a charity called Inclusion Gloucestershire to help other disabled people.



Inclusion Gloucestershire provides services for disabled people, including:

- Different opportunities in local communities.



- Training.



- Advocacy - this is when someone helps you to speak up, or speaks for you.



Vicci has given public talks about including disabled people in business and places of work.



Website:

www.inclusiongloucestershire.co.uk/



Twitter:

www.twitter.com/InclusionGlos



Facebook:

www.facebook.com/inclusionglos



LinkedIn:

www.linkedin.com/in/vicci-livingstone-thompson-4075b051/



Youtube:

www.youtube.com/channel/UCPtMb2HMGTpHOt5ijpRiGrA



Vidyamala Burch OBE



Vidyamala had a serious injury to her spine which means she cannot move some parts of her body and has a lot of pain.



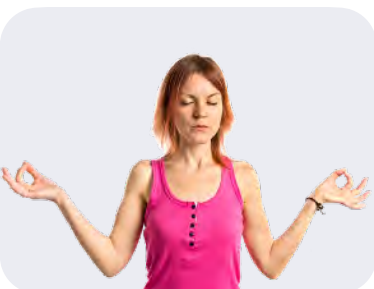
Vidyamala started looking at **mindfulness** to help her with her pain.

Mindfulness is a way of calming down our thoughts and feelings. It involves recognising how you are feeling and understanding it.



She has now set up a mindfulness organisation called Breathworks.

Through Breathworks, Vidyamala has created the first programme for managing pain with mindfulness.



Breathworks teaches others about mindfulness and how they can use it to manage pain, stress and illness.



Vidyamala wants to make sure everyone can try mindfulness if they would like to. She has won awards for her work.



Website:

www.vidyamala-burch.com

www.breathworks-mindfulness.org.uk



Twitter:

www.twitter.com/breathworksmind



Facebook:

www.facebook.com/vidyamalaburch/



Instagram:

www.instagram.com/vidyamala/



LinkedIn:

www.linkedin.com/in/vidyamala-burch/



Youtube:

www.youtube.com/user/BreathworksMind

Community Action Groups and Organisations

The

shaw trust

Disability Power 100

Able Magazine/ Impact Publishing Ltd



Impact Publishing Ltd produces a popular magazine for disabled people called Able Magazine.

The magazine shares news about disabled people and disability issues.



Articles in Able Magazine are often written by disabled people, and Impact Publishing Ltd hires disabled people across the company.



Impact Publishing Ltd has also helped organisations create information for disabled people, like:

- Writing and creating information for the Special Olympics disabled sports players.



- Creating an information leaflet for the car maker Fiat Chrysler.



Website:

www.ablemagazine.co.uk



Twitter:

www.twitter.com/ablemag



Facebook:

www.facebook.com/AbleMagazine

AccessAble



AccessAble is an organisation that checks whether places are **accessible** for disabled people.



Accessible means whether somewhere is easy to get to and use for all people.

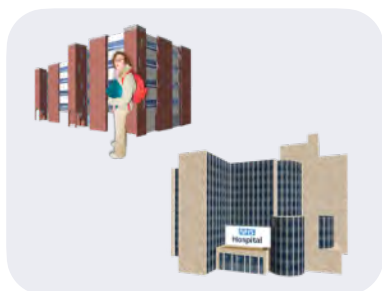


AccessAble checks places like:

- Shops, cinemas and theatres.



- Pubs and restaurants.



- Colleges, universities and hospitals.



AccessAble then gives information about whether a place is accessible to disabled people.



This means disabled people can make decisions about whether to try a new place or not.



Website:
www.AccessAble.co.uk



Twitter:
www.twitter.com/AccessAbleUK



Facebook:
www.facebook.com/AccessAbleUK/



Instagram:
www.instagram.com/accessableuk/



LinkedIn:
www.linkedin.com/company/accessableuki/



Youtube:
www.youtube.com/accessableuk



TikTok:
www.tiktok.com/@accessableuk



CRIPtic Arts



CRIPtic Arts is an arts organisation led by disabled people.



It has become one of the biggest arts organisations in the UK that creates arts opportunities for disabled people.



CRIPtic Arts:

- Gives opportunities and work to disabled artists.



- Looks into what stops disabled people from taking part in arts.



- Gives training to other organisations about how to include disabled people more.



Website:
www.cripticarts.org/



Twitter:
www.twitter.com/CRIPticArts



Facebook:
www.facebook.com/CRIPticArts/



Instagram:
www.instagram.com/CRIPticArts

Disabled Students UK



Disabled Students UK is an organisation led by students from over 60 universities.



Disabled Students UK:

- Gives advice to different organisations who are working to include disabled students.



- Writes reports explaining how disabled students can struggle to access education.



- Includes lots of disabled students in its work.



- Offers training to universities about how to make education more accessible for disabled students.



Website:
www.disabledstudents.co.uk



Twitter:
www.twitter.com/ChangeDisabled



Facebook:
www.facebook.com/DisabledStudentsUK



LinkedIn:
www.linkedin.com/company/disabled-students-uk/



Youtube:
www.youtube.com/channel/UC0eYBk8x2pJY_bq17tVh0g



Happy Smiles Training CIC



Happy Smiles Training CIC is a company led by disabled people.



Happy Smiles Training CIC gives training to schools, community groups and businesses.



The training is led by disabled people and is about helping schools, community groups and businesses include everyone in their work.



Happy Smiles Training CIC has won lots of awards for its work.



Website:

www.happysmilestraining.co.uk



Twitter:

www.twitter.com/happysmilescic



Facebook:

www.facebook.com/happysmilestrainingcic/



Instagram:

www.instagram.com/happysmilestrainingcic/



YouTube:

www.youtube.com/channel/UCSyqAxBqMwBzskkBba7-oCA



TikTok:

www.tiktok.com/@happysmilestraining

The Hidden Disabilities Sunflower Scheme



The Hidden Disabilities Sunflower Scheme is a way for people with **hidden disabilities** to show others they are disabled.

Hidden disabilities are disabilities that other people cannot see, like autism.



The Sunflower Scheme is wearing a sunflower on a green background, usually as a lanyard.

People with hidden disabilities can do this to let other people know they may need extra support or patience.



The Sunflower Scheme is recognised in lots of different settings including universities, shops and public transport.



Website:
www.hdsunflower.com



Twitter:
www.twitter.com/sunflwrlanyards



Facebook:
www.facebook.com/hiddendisabilitiessunflower/



Instagram:
www.instagram.com/sunflowerlanyardscheme/



Youtube:
<https://www.youtube.com/channel/UCFwugIu3GX1aDLhi6WdoJ8g>



TikTok:
www.tiktok.com/@sunflowerlanyard

Represent

Represent



Represent is Co-op's group for supporting disabled staff members.

It is led by Gareth Smith, Katy Brown and Natalie Gregg.



Represent works to:

- Make sure Co-op is a safe workplace for disabled staff members.



- Improve how Co-op supports and includes disabled members of staff.



- Support disabled members of staff by leading support groups and 1 to 1 help.



The changes Represent is making in Co-op are also helping disabled customers too.



Website:
www.coop.co.uk



Twitter:
www.twitter.com/CoopRepresent

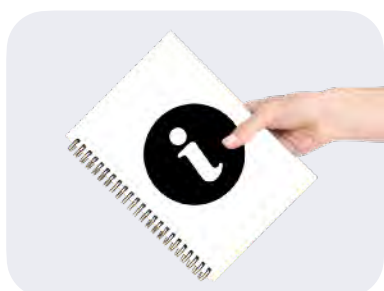
Start Change



Start Change works to support both **BAME** people and disabled people to have the same chances in life as others.



BAME means people who are Black, Asian or other ethnic minorities. They may come from a different country or have different colour skin.



Start Change provides:

- Information, advice and help.

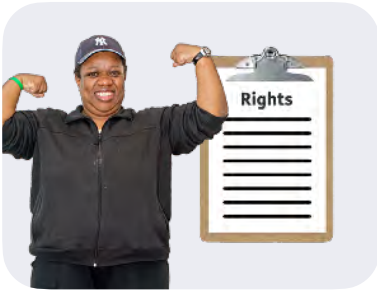


- Teaching and support.



- Advocacy - this is when someone helps you to speak up, or speaks for you.

Start Change wants to help all BAME and disabled people to:



- Believe in themselves and understand their rights.



- Have access to education and jobs.



Website:

www.startchange.co.uk



Twitter:

www.twitter.com/StartChange2



Facebook:

www.facebook.com/startchangeuk/



Youtube:

www.youtube.com/channel/UCKSE-mFc9Bv6TVDJVWijHAW



Whizz-Kids, Kidz Board



Whizz-Kidz is a charity that supports young people who need to use wheelchairs to move around.



Kidz Board is a group of young wheelchair users which makes sure Whizz-Kidz are making the best decisions for young people.



All members of Kidz Board care about making sure young wheelchair users can access everything they need.



Kidz Board works with many different organisations to help them include wheelchair users in their work.



Website:

www.whizz-kidz.org.uk/kidz/kidz-board



Twitter:

www.twitter.com/WhizzKidz



Facebook:

www.facebook.com/Whizzkidz/



Instagram:

www.instagram.com/accounts/login/?next=/whizzkidzuk/



LinkedIn:

www.linkedin.com/company/whizz-kidz/mycompany/



Youtube:

www.youtube.com/user/WhizzKidzUK/videos



Channel 4 Winter Paralympics Team



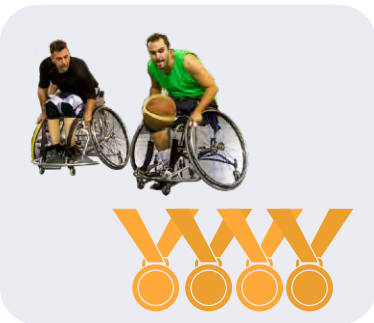
The Winter Paralympics has been presented on television by a team of 7 people.

The Winter Paralympics is a competition of lots of different sports for disabled sports players.

Meet the team

- Ade Adepitan MBE

Ade is a wheelchair basketball player who has won 4 medals at the Paralympics before.



He now also does lots of television presenting.

- Arthur Williams

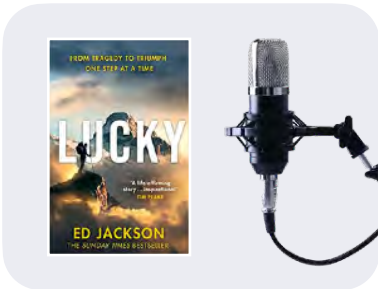


Arthur used to be in the Royal Marines. He now does lots of television presenting, especially for documentaries.

- Ed Jackson



Ed used to be a professional rugby player and now he is a regular rugby reporter.



Ed has also set up his own podcast and written his own book.

- Lauren Steadman MBE



Lauren has taken part in the Paralympics 4 times, in both swimming and the triathlon.



She has won both silver and gold medals.



- Ellie Robinson MBE

Ellie was a Paralympic games swimmer in 2016 and she has won both gold and bronze medals.



- Sean Rose

Sean has taken part in the Winter Paralympics twice. He is Britain's most successful ski racer ever.



He is now a public speaker and television presenter.



- Billy Monger

Billy is a racing car driver and has reported on car racing for television.



Billy also had his own documentary on television last year.

Education

The

shaw trust

Disability Power 100

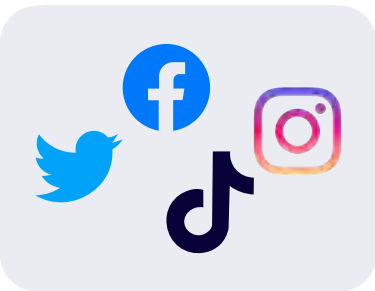


Dr Becky Alexis-Martin

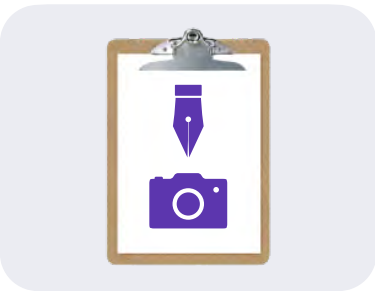


Becky has several health conditions and in the last few years has survived a **stroke** and heart surgeries.

A **stroke** is a serious medical condition that happens when blood can't get to your brain properly.



Becky talks and writes about living with her health conditions on social media, to help people understand living with a disability.



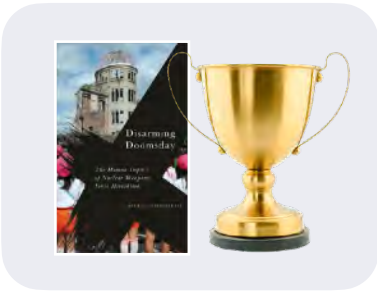
Becky is a writer and photographer who also studies different topics. Her work looks at the lives of people affected by **nuclear weapons**.



Nuclear weapons are weapons that use a type of energy called 'nuclear energy' to create big explosions. Like bombs.



Living with her own health conditions means Becky feels she understands some of what these people have gone through.



She has written a book about her work which has won an award.



Website:
www.nucleargeography.com



Twitter:
www.twitter.com/MysteriousDrBex



Dr Camila Devis-Rozental



Camila became disabled in 2005 which changed how she saw the world.



Camila cares a lot about including everyone and making sure they feel they belong in education.



Camila works to make sure all different kinds of young people feel they can take part in education.

She does this at Bournemouth University.



Camila advises education organisations, like universities, on how they can include everyone in their work.



Camila also takes part in lots of projects and is currently writing a book on student **wellbeing**.

Wellbeing means feeling happy and healthy in your body and mind.



Website:

www.staffprofiles.bournemouth.ac.uk/display/cdevisrozentala



Twitter

www.twitter.com/CamilaDR17



Facebook:

www.facebook.com/camila.devisrozentala



Instagram:

www.instagram.com/dr.camila.smiles



LinkedIn:

www.linkedin.com/in/dr-camila-devisrozentala-she-her-471b5471/?originalSubdomain=uk



Youtube:

www.youtube.com/channel/UCp9bawtO7PhzyWw86xrxoIA



Dr Elliott Spaeth



Elliott cares a lot about making sure disabled people can go to and use universities and colleges.



He is in this year's Disability Power 100 Top 10.



Elliott gives lectures about how staff at universities can change their teaching to include disabled people.



He helps people come up with new ways of teaching that disabled people can understand and take part in.

Elliott has done lots of work at the University of Glasgow, including:



- Creating a **Neurodivergent** Network which supports neurodivergent staff members and students.



Neurodivergent means your brain works in a different way to most people. You may be autistic or have a mental health condition.



- Helping create an online course about including everyone in education.



Website:

www.chronicallyelliott.wordpress.com



Twitter:

www.twitter.com/ElliottSpaeth



Grant Logan



Grant created and is the owner of Ability Today.

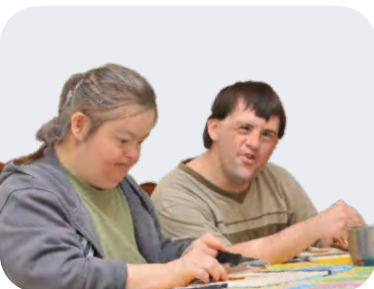
Ability Today is a website that helps disabled people access news and information.



Grant has also set up the Academy for Disabled Journalists, which is a school for disabled students to learn about **journalism**.



Journalism is collecting and sharing news and information, like writing for a newspaper.



The Academy for Disabled Journalists is starting to offer more courses that disabled people can access to provide them with more opportunities.



Grant thinks giving opportunities to all young people is very important.



Website:
www.AbilityToday.com



Twitter:
www.twitter.com/AbilityToday



Facebook:
www.facebook.com/abilitytodayuk



Instagram:
www.instagram.com/abilitytoday



LinkedIn:
www.linkedin.com/in/grant-logan-ability-today



Sara Rotenburg



Sara cares a lot about making sure disabled people can access everything they need to.

Sara has:



- Looked into how to make public transport easier to use for disabled people.



- Worked with organisations to help them create rules and plans for how to make sure disabled people can access health care.



- Helped make sure disabled people can get their COVID-19 **vaccine**.

A **vaccine** is an injection or jab that helps to stop you being ill with a certain illness.



Sara is now looking at how to improve health care for disabled people by using training.



She has won awards for her work.



Twitter:
www.twitter.com/SaraRotenberg



Stuart Myers



Stuart was born without arms, and has used his experiences to show others what is possible in life.



Stuart gives speeches all over the UK. He talks about achieving your goals no matter what your life is like.



Stuart encourages his audiences to ask him questions and think about their lives in a new way.



Stuart also works as a tribunal panel member - this means he helps make important decisions at **tribunals**.



A **tribunal** is where a legal professional decides what should happen if two people disagree about something - like an employer and an employee.



Website:

www.worldatyourfeet.org.uk



Twitter:

www.twitter.com/StuMyersWAYFS



Facebook:

[www.facebook.com/
stuartmyerskeynotespeaker](http://www.facebook.com/stuartmyerskeynotespeaker)



Instagram:

[www.instagram.com/
stuart_myers_wayfs](http://www.instagram.com/stuart_myers_wayfs)



LinkedIn:

[www.linkedin.com/in/stuart-myers-
a54aa358](http://www.linkedin.com/in/stuart-myers-a54aa358)



Youtube:

[www.youtube.com/channel/
UCL58bj4ROeFq-kvQF-CEiuA](http://www.youtube.com/channel/UCL58bj4ROeFq-kvQF-CEiuA)

Entertainment

The

shaw trust

Disability Power 100



Briony May Williams



Briony was the first **visibly disabled** baker on the Great British Bake Off.

Visibly disabled means someone has a disability that we can see.



Briony is currently a TV presenter for the programmes Escape to the Country and Food Unwrapped.

She has also been on other popular TV shows such as Loose Women and Celebrity Mastermind.



Briony supports 2 charities called Reach and Bristol Mind.



Twitter:

www.twitter.com/brionymaybakes



Facebook:

www.facebook.com/brionymaybakes



Instagram:

www.instagram.com/brionymaybakes



TikTok:

www.tiktok.com/@brionymaybakes



Cerrie Burnell



Cerrie is an actor and author who is best known for being a TV presenter on CBeebies.



By being a **visibly disabled** TV presenter, Cerrie has challenged how non-disabled people think about disabled people.

Visibly disabled means someone has a disability that we can see.

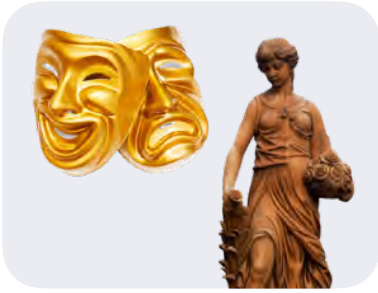
Cerrie has also:



- Been on many other TV shows such as Eastenders and Holby City.



- Written 12 children's books including her book called Snowflakes.



- Supported theatres and museums.



- Read books for children at Great Ormond Street Hospital.



Twitter:

www.twitter.com/cerrieburnell



Instagram:

www.instagram.com/cerrie.burnell



LinkedIn:

www.linkedin.com/in/cerrie-burnell-b463a0173



Chris Packham



Chris is an author, photographer and presenter who is interested in wildlife, like animals and plants.



He is a TV presenter for the BBC's Springwatch, Autumnwatch and Winterwatch.

These TV shows are all about different kinds of wildlife.



Chris uses his love of wildlife to teach and encourage others to be interested in wildlife too.



He has won awards for his work in teaching science to new audiences.



Website:

www.chrispackham.co.uk



Twitter:

www.twitter.com/chrisgpackham



Facebook:

www.facebook.com/ChrisGPackham



Instagram:

[www.instagram.com/
chrisgpackham2/](http://www.instagram.com/chrisgpackham2/)



YouTube:

[www.youtube.com/user/
ChrisGPackham](http://www.youtube.com/user/ChrisGPackham)



Genevieve Barr



Genevieve is an actor and writer of TV shows.

She has won prizes for her acting and writing.



In 2022 she helped write 'Then Barbara Met Alan', a TV show about the 2 people who created the **Disabled People's Direct Action Network**.

The Disabled People's Direct Action Network is a group which fights for the rights of disabled people.



Genevieve has acted in lots of TV shows like The Silence on BBC.



She has also helped create a group called Underlying Health Condition, which works to have disabled people included in TV more.



Lady MJ Warrior

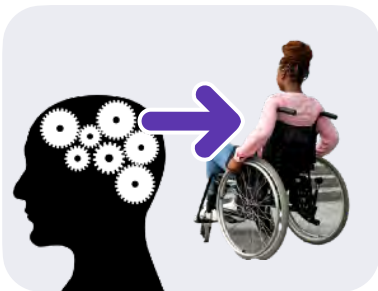


Lady MJ Warrior is a music artist who speaks up for people with **invisible disabilities**.

Invisible disabilities are disabilities that other people cannot see, like autism.



Lady MJ Warrior creates music for big companies in the UK. She wants her music to teach people about lots of different topics.



Lady MJ Warrior had an injury to her brain that caused her to need to use a wheelchair for a part of her life.

She has:

- Set up a charity called Head Injury Heroes which supports patients with head injuries.





- Worked with doctors to teach them how to help patients with invisible disabilities.



- Organised lots of music events for charity.



- Won awards for her singing.



Website:

<https://ladymjwarriorqueen.wixsite.com/ladymjwarrior>



Instagram:

www.instagram.com/ladymjwarrior/



LinkedIn:

www.linkedin.com/in/ladymjwarrior/



Lee Ridley



Lee is the first comedian to use a **communication aid**.

A **communication aid** helps a person who may find it difficult to speak to communicate with other people.



After winning Britain's Got Talent in 2018, Lee has gone on to:

- Go on lots of TV programmes, like The Last Leg and The Now Show.



- Help write a TV programme called Ability.



- Win lots of awards for his work.



- Work with many charities such as Scope and Smile for Life.



Website:
www.lostvoiceguy.com



Twitter:
www.twitter.com/lostvoiceguy



Facebook:
www.facebook.com/LostVoiceGuy



Instagram:
www.instagram.com/lostvoiceguy/



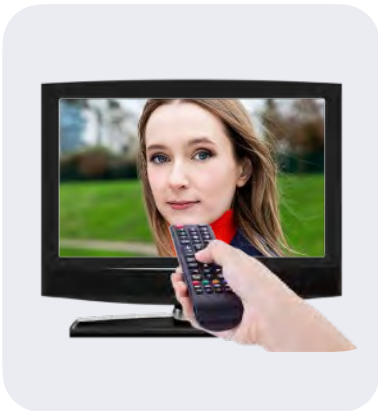
Rose Ayling-Ellis



Rose is a deaf actress who uses British Sign Language to communicate with others.



She is in this year's Disability Power 100 Top 10.



Rose's first big acting job was Summer of Rockets in 2018.

Since then she has been the first deaf person who uses British Sign Language to appear on Eastenders and Strictly Come Dancing.



Rose cares a lot about speaking up for people who are deaf, and wants to be a role model for deaf people.



She has worked to get British Sign Language recognised as an official language in the UK.



Twitter:

[www.twitter.com/roseaylingellis?
lang=en](https://www.twitter.com/roseaylingellis?lang=en)



Instagram:

www.instagram.com/rose.a.e/?hl=en



Tommy Jessop

Tommy is a film and TV actor who has **Down Syndrome**.

Down Syndrome is a disability where the cells in someone's body are different. It can affect their mind and body as they grow up.



Tommy was the first actor with Down Syndrome to play the main character in a TV drama programme.

He has also had lots of other acting roles in TV programmes, such as *Holby City*.



Tommy has also:

- Created podcasts and been in magazines and newspapers.
- Worked to support charities such as Mencap.





- Worked to try and get the Down Syndrome Act to be part of the law - the act is about meeting the needs of people with Down Syndrome.



Website:

www.tommy-jessop.com



Twitter:

www.twitter.com/tommyjessop



Instagram:

www.instagram.com/tommy_jessop/

Digital, Media and Publishing

The

shaw trust

Disability Power 100

indeed

shaw
trust

40^{YEARS}



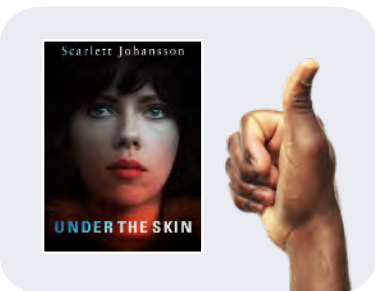
Adam Pearson



Adam is an actor, television presenter and public speaker who has won awards for his work.



Adam has presented lots of documentaries and has been on lots of television shows, including The One Show and Question Time.



He has been in successful films like Under the Skin. He has been described as a very good actor.



Adam uses his role to speak up about issues disabled people deal with.



He works with many organisations and charities to make sure disabled people get their rights.



Carrie-Ann Lightley



Carrie-Ann has a very important role at an organisation called AccessAble.

AccessAble is an organisation that checks whether places are **accessible** for disabled people.



Accessible means whether somewhere is easy to get to and use for all people.



Carrie-Ann is in charge of sharing information about AccessAble and helping the organisation get bigger.



She has been a part of many successful projects.

Like working with Visit Scotland to create accessible travel guides for disabled people who would like to visit Scotland.



Carrie-Ann is also a **blog** writer.

A **blog** is where you write about your opinions and thoughts online.



Carrie-Ann's blog gives travel information to disabled people.



Website:

www.carrieannlightley.com



Twitter:

www.twitter.com/carriealightley



Facebook:

www.facebook.com/carrieannlightleyblog



Instagram:

www.instagram.com/carrieannlightleyblog



LinkedIn:

www.linkedin.com/in/carrieannlightley



Deborah Williams OBE



Deborah has been in charge of Creative Diversity Network since 2016.



Through Creative Diversity Network, Deborah is working to make sure film and television companies include disabled people.



Deborah created the British Film Institute Diversity standards.

These are a set of rules that films and television programmes must follow if they want to get money from the British Film Institute to help make their film.



The rules are about including people from different backgrounds, like disabled people.



Deborah has won lots of awards for her work.



Website:

www.creativediversitynetwork.com



Twitter:

www.twitter.com/tweetCDN

www.twitter.com/cdnrebs



Facebook:

www.facebook.com/

[CreativeDiversityNetwork](https://www.facebook.com/CreativeDiversityNetwork)



Instagram:

www.youtube.com/channel/

[UCwMzVF6JzGSSHxO_POe-tlA/videos](https://www.youtube.com/channel/UCwMzVF6JzGSSHxO_POe-tlA/videos)



Dr Amit Patel



Amit is known as a television presenter who has a podcast and often appears on the news.



Amit thinks it is very important that disabled people are more involved in the media, and all areas of life.

To speak up about the issues disabled people deal with, Amit has:



- Written a book about how he became blind and how he dealt with it.



- Been creating a children's television programme that will teach children about different disabilities.



- Supported lots of different charities including Vision Foundation.



Amit has become a very important voice for lots of young British Asians with disabilities.



Website:
www.DrAmit.uk



Twitter:
www.twitter.com/BlindDad_Uk



Facebook:
www.facebook.com/AmitAndKikaGuideDog



Instagram:
www.instagram.com/blinddad_uk



LinkedIn:
www.linkedin.com/in/dr-amitpatel



George Webster



George wants to show that people with a learning disability can and should be in the media more.



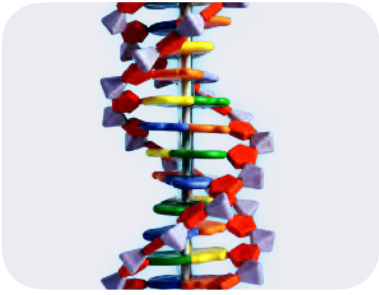
George is a television presenter on CBeebies and has also taken part in film and theatre.



He has worked with dance companies, such as Talent Hub, to take part in professional dance projects.



George is also involved in the National Down Syndrome Policy Group - this group supports people with **Down Syndrome** to have a say in certain government laws and rules.



Down Syndrome is a disability where the cells in someone's body are different. It can affect their mind and body as they grow up.



Twitter:

www.twitter.com/cbeebieshq



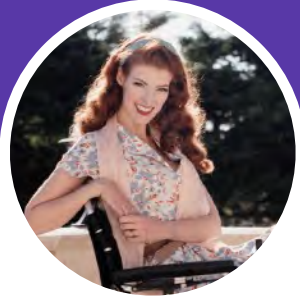
Facebook:

www.facebook.com/cbeebies



Instagram:

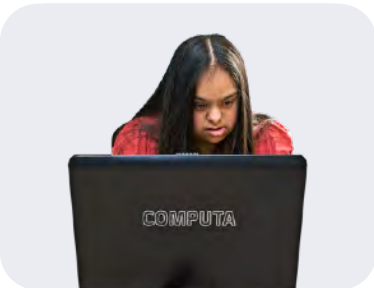
www.instagram.com/cbeebieshq



Jessica Kellgren-Fozard



Jessica is a Content Creator - this means Jessica creates things like videos or articles for audiences.



Jessica shares her experiences as a disabled lesbian to teach people about the challenges she deals with.



Jessica speaks up for people with disabilities and **LGBTQIA+** people.

LGBTQIA+ is used to describe people with different sexual preferences, like gay and bi-sexual. It also includes people who have changed their gender or feel themselves to be a different gender.



Jessica often makes videos with her wife Claudia.



Website:

www.jessicaoutofthecloset.co.uk



Twitter:

www.twitter.com/JessicaOOTC



Facebook:

[www.facebook.com/
JessicaOutOfTheCloset](http://www.facebook.com/JessicaOutOfTheCloset)



Instagram:

[www.instagram.com/
jessicaOutOfTheCloset](http://www.instagram.com/jessicaOutOfTheCloset)



Youtube:

[www.youtube.com/c/
JessicaKellgrenFozard](http://www.youtube.com/c/JessicaKellgrenFozard)



TikTok:

[www.tiktok.com/
@jessicaoutofthecloset](http://www.tiktok.com/@jessicaoutofthecloset)



Kerry Thompson



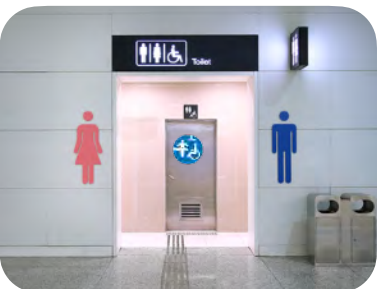
Kerry cares a lot about improving **accessibility** for disabled people and their families.



Accessibility means whether somewhere is easy to get to and use for all people.



To help make the UK a more accessible place to live for disabled people, Kerry has:



- Worked for the Changing Places project - this project works to make sure there are fully accessible public toilets for disabled people.



- Worked with her local council to support accessible housing for disabled people.



- Helped charities and companies who want to improve their services to support disabled people more.



- Done many television and radio interviews and written articles.



Kerry has won lots of awards for her work.



Website:
www.kerry-thompson.com/



Twitter:
www.twitter.com/kerrymThompson



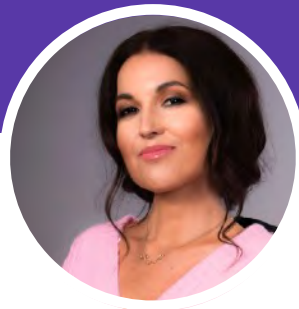
Facebook:
www.facebook.com/mylifekerrysway



Instagram:
www.instagram.com/kerry_thompson



LinkedIn:
www.linkedin.com/in/kerry-thompson-4b2369119



Kim Tserkerzie



Kim Tserkerzie is an actor, producer, presenter and writer.

She has worked in television for 25 years.



Kim is in this year's Disability Power 100 Top 10.



Kim has had lots of acting roles including the character Penny Pocket in the children's television programme 'Balamory'.



In 2020, Kim won a Royal Television Society Award for best drama performance. This was for a programme called 'Obsession'.



Kim started and manages **Scattered Pictures**.

Scattered Pictures is a television company which works with people who don't normally get a chance to take part in media.



Kim works to make sure people with disabilities are included in television, both on the screen and behind the scenes.



Kim is currently writing and producing for television, film and radio.



Website:
www.scatteredpictures.net



Twitter:
www.twitter.com/KimTserkezie



Facebook:
www.facebook.com/kim.tserkezie



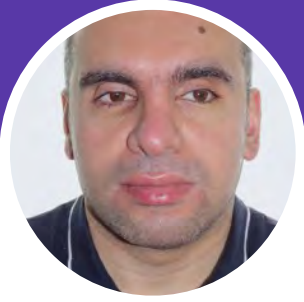
Instagram:

www.instagram.com/ktserkezie



LinkedIn:

www.linkedin.com/in/kim-tserkezie-9981981a



Mani Djazmi



Mani is a television presenter who has presented the World Football programme since 2018.



Mani has reported for 2 football World Cups and lots of Asian, African and South American football competitions.



He was the first male reporter in Iran to be allowed to go to a women's football team at their training session.



Twitter: www.twitter.com/BBC_Mani



Mik Scarlet



Mik thinks it is very important that everyone is equal and has the same chances in life.



Mik has given advice to organisations about how to make their services **accessible** and how they can include disabled people.



Accessibility means whether somewhere is easy to get to and use for all people.



Mik has had lots of jobs, such as a musician, television presenter and writer.



Websites:

www.mikscarlet.com

www.mikscarletaccess.co.uk



Twitter:

www.twitter.com/MikScarlet



Facebook:

www.facebook.com/mikscarlet



Instagram:

www.instagram.com/mikscarlet



LinkedIn:

www.linkedin.com/in/mik-scarlet



Youtube:

www.youtube.com/user/MIKSCARLET

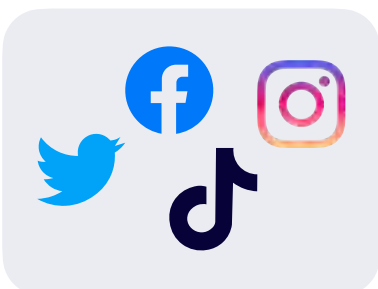


Pippa Stacey

Pippa lives with a long-term illness, and cares a lot about making sure other people with illnesses or disabilities live their best life.

Pippa is a writer and presenter who has:

- Worked with the charity Astriid to help more disabled people get jobs.
- Given talks and training to organisations to help them understand how to include disabled people.
- Been part of a team at DecodeME to support research.
- Used her social media to share information about living with a disability.





Pippa wants everything she does to help the world become more accessible for people with a long term illness or a disability.



Website:
www.lifeofpippa.co.uk



Twitter:
www.twitter.com/lifeofpippa_



Facebook:
www.facebook.com/lifeofpippablog



Instagram:
www.instagram.com/lifeofpippa



LinkedIn:
www.linkedin.com/in/pippa-stacey-54367bb7/?originalSubdomain=uk



Youtube:
www.youtube.com/channel/UC_tSASwjgt38WvSLcdMf6_Q



Selina Mills



Selina is a blind writer and journalist who loves speaking up about the lives of blind people.

To help others understand being blind Selina has:



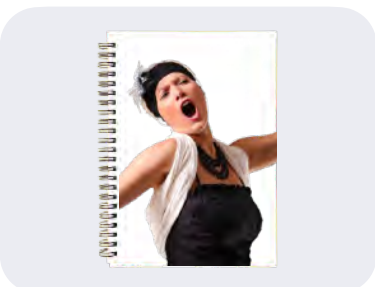
- Taken part in a television series called 'Disability: A New History'.



- Regularly been on BBC Radio 4 to talk about topics to do with being blind.



- Written a book and gives talks about the history of blindness.



- Written the words for an opera about a blind woman.



In 2023 Selina will release her book 'Life Unseen', a story about blindness.



Website:

www.petersfraserdunlop.com/clients/selina-mills



Twitter:

www.twitter.com/millsatwork



Facebook:

www.facebook.com/Millsnothere



Instagram:

www.instagram.com/selinamillswriter

Politics and Law

The

shaw trust

Disability Power 100



Anna Landre



Government laws or rules that are made to help disabled people do not always actually make a difference to the lives of disabled people.



Anna works to make sure this does not happen. Her work focuses on making sure laws and rules improve the lives of disabled people.



At the moment Anna is at university and is helping disabled people in Ukraine to get to safety.



She is in this year's Disability Power 100 Top 10.

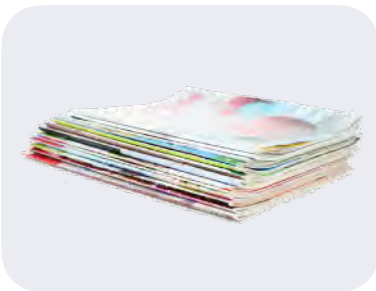
In the past Anna has:



- Worked with The Partnership for Inclusive Disaster Strategies on rules and laws to help disabled people affected by COVID-19.



- Given advice to Governments on how they can make changes to support disabled people.



Anna's work has been mentioned in lots of magazines.



Website:
www.annalandre.com/



Twitter:
www.twitter.com/annalandre



Instagram:
www.instagram.com/anna.landre/



LinkedIn:
www.linkedin.com/in/annalandre



Celia Hensman

Celia has been disabled since a young age.

This means she has cared about working for disability rights her whole life.



Celia wants to speak up for disabled people and improve opportunities for disabled people to take part in all areas of life.



To help with this Celia helped set up and now manages The Disability Policy Centre.



The Disability Policy Centre is an organisation that provides advice and ideas about how to improve services and laws that support disabled people.



Website:

www.thedisabilitypolicycentre.org



Twitter:

www.twitter.com/celia_hensman



LinkedIn:

www.linkedin.com/in/celia-hensman-524590151



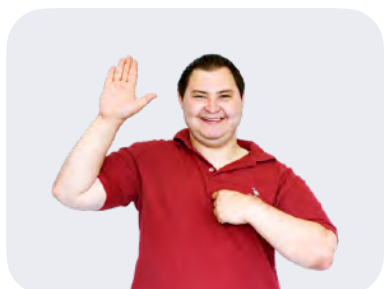
Chris Fry



Over the last 10 years Chris has fought for the rights of disabled people by taking disability rights cases to court.



Disability rights cases are situations where a disabled person's rights have been ignored.



Rights are things that every person should have by law. Like the right to be safe, the right to education, the right to be respected.



Chris' work asks non-disabled people to think about accessibility and including disabled people.



Chris is also working to encourage more people to get involved with disability rights work.



Websites:

www.scomo.com

www.frylegal.co.uk



Twitter:

www.twitter.com/frylegal



LinkedIn:

www.linkedin.com/in/chris-fry-904a4115/



Christina Warner



Christina is a **barrister** who works on family cases and animal protection cases.

A **barrister** is a kind of lawyer who speaks in court.

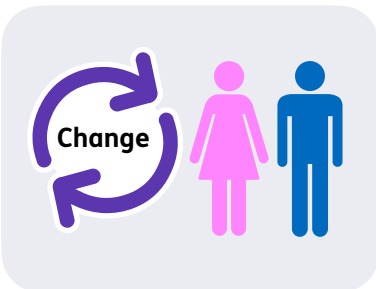
Christina speaks up in court for the rights of:



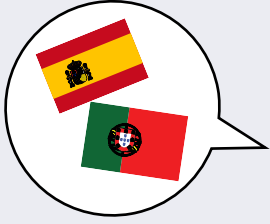
- Disabled people.



- People who are **LGBTQIA+**.
LGBTQIA+ is used to describe people with different sexual preferences, like gay and bi-sexual.



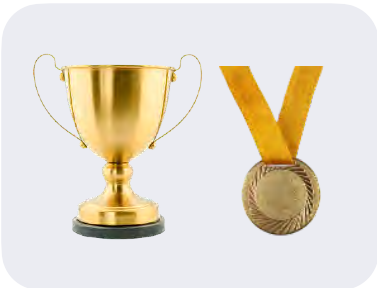
It also includes people who have changed their gender or feel themselves to be a different gender.



- People who speak Spanish or Portuguese.



Christina has spoken at events and written in articles about the issues different people deal with.



She has won lots of awards for her work.



Twitter:
www.twitter.com/ChrisWBarrister



LinkedIn:
www.linkedin.com/in/christina-warner-961b19a5/



David Buxton

David believes the UK Government must be better at:

- Employing people from different backgrounds.
- Including and thinking about people from different backgrounds when it makes decisions.



To help make this happen David has:

- Helped set up the 'Access to the Elected Office for Disabled People Fund' - this is money to help disabled people get elected for Government roles.





- Successfully fought to make sure deaf people can be members of a **jury**.

A **jury** is an independent group of people who listen to a crime case in court and decide what happens.



- Supported and encouraged Government to create the British Sign Language Act.



David is currently in charge of an organisation called Action on Disability.



Websites:

www.bda.org.uk

www.AoD.org.uk



Twitter:

www.twitter.com/BDA_Deaf

www.twitter.com/AoDisability

www.twitter.com/DavidBuxtondc



Facebook:

[www.facebook.com/
BritishDeafAssociation](https://www.facebook.com/BritishDeafAssociation)

www.facebook.com/AoDisability



Instagram:

[www.instagram.com/
britishdeafassociation](https://www.instagram.com/britishdeafassociation)

www.instagram.com/aodisability



LinkedIn:

[www.linkedin.com/company/british-
deaf-association](https://www.linkedin.com/company/british-deaf-association)

[www.linkedin.com/company/action-
on-disability](https://www.linkedin.com/company/action-on-disability)



Dr Gregory Burke



While Gregory was at university he set up a company called DisabledGo. DisabledGo is now called AccessAble.



AccessAble is an organisation that checks whether places are **accessible** for disabled people.

Accessible means whether somewhere is easy to get to and use for all people.



Gregory is also a **barrister** at a law company called 7 Bedford Row.

A **barrister** is a kind of lawyer who speaks in court.



He works mainly on employment cases and cases where someone has been unfairly treated because of their background.



Gregory is also in charge of making sure 7 Bedford Row is accessible for everyone.



Living with a disability has helped him to provide lots of support to organisations who want to include disabled people more.



Website:

www.AccessAble.co.uk



Twitter:

www.twitter.com/jjgburke



LinkedIn:

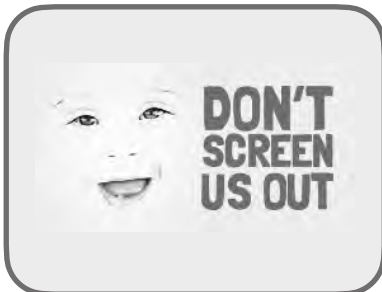
www.linkedin.com/in/gregory-burke-3598833/



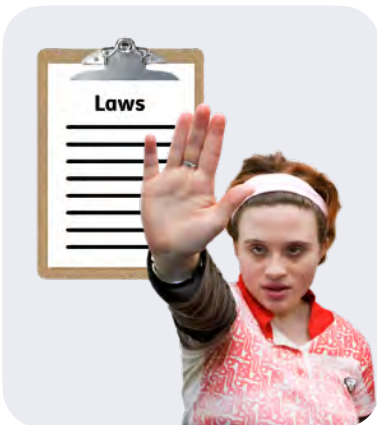
Heidi Carter



Heidi is passionate about all disabled people having access to better health care and independent living.



Since 2016 Heidi has been part of a project called 'Don't Screen Us Out'.



'Don't Screen Us Out' works to get rid of a law which says a woman can **abort** a baby with disabilities up until they are about to be born.

Abort means to remove a baby while it is still in the mum's stomach.



Heidi is the first person with Down's Syndrome to take the Government to court over this issue.



Heidi has also written a book called 'I'm Just Heidi' which is all about her life.



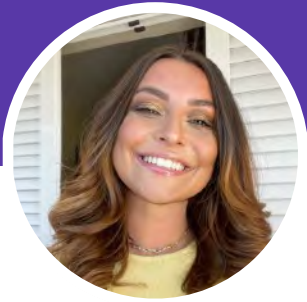
Website:

www.heidicrowter.com



Twitter:

www.twitter.com/HeidiCrowter95



Kelly Given



Kelly cares a lot about fighting for the rights of **neurodivergent** people and challenging how non-disabled people think about disability.



Neurodivergent means your brain works in a different way to most people. You may be autistic or have a mental health condition.



Kelly spoke at an important United Nations meeting about women and the issues they deal with.



Kelly has:

- Worked to make sure everyone is included in getting their vaccines.
- Supported disabled people who work for the NHS.





- Worked with Scotland's biggest nursing universities to support disabled students.



- Been part of a group who are working with Network Rail to make transport more accessible.



- Recently filmed a documentary about living with a disability.



Twitter:

www.twitter.com/kellylgiven



Facebook:

www.facebook.com/kelly.given.7



Instagram:

www.instagram.com/kellylgiven/



LinkedIn:

www.linkedin.com/in/kelly-given/?originalSubdomain=uk



TikTok:

www.tiktok.com/@kellylouisegiven

Science, Technology, Engineering and Maths

The

shaw trust

Disability Power 100



Adam Thomas

For more than 30 years Adam has been designing kitchens and kitchen equipment that is **accessible** for disabled people.

Accessible means it is easy to use and suitable for people with different needs.



His work allows disabled people to live independently and safely.

Adam also does lots of other things to support more accessible housing, like:



- Writing for newspapers and magazines about accessible housing.



- Providing training for other professionals.



- Supporting projects that are about making sure disabled people have the same chances as non-disabled people.



Website:

www.adamthomasconsultancy.com/



LinkedIn:

www.linkedin.com/in/adam-thomas-a4a11716



Amy Francis-Smith

RIBA ARB



Amy is a highly experienced **architect** who is in this year's Disability Power 100 Top 10.

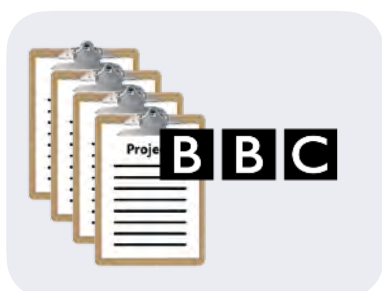
An **architect** is someone who designs the plans for buildings.



Amy focuses on designing housing for disabled people.



Amy uses her own experiences as a disabled woman to make change.



Amy has:

- Been involved in lots of projects and worked with lots of companies, such as the BBC.
- Given talks to teach other people about opportunities for disabled people.





- Asked the Government to help make housing better for disabled people.



Amy has been put forward for a lot of awards for her work.



Website:
www.amyfrancissmith.com



Twitter:
www.twitter.com/amyfrancissmith



Instagram:
www.instagram.com/amyfrancissmith



LinkedIn:
www.linkedin.com/in/amyfrancissmith



Christopher Goodyear



Chris designs and makes video games. He has started his own company producing video games called Many Cats Studios.



Chris cares about helping disabled people get involved in making video games.

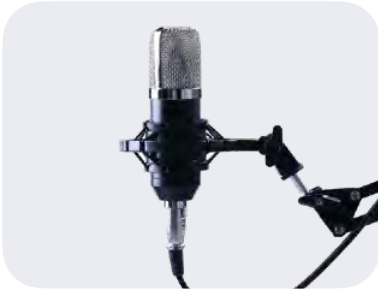


Through his company, Chris has helped other video games companies start to involve disabled people in their games projects.



He also:

- Helps disabled people who are interested in video games find and meet each other.



- Has a podcast that shares information about disabled people that are involved in video games.



- Gives advice and tips to video games companies on how to make games that disabled people can also play.



Website:
www.manycats.uk



Twitter:
www.twitter.com/chris_goodyear
www.twitter.com/ManyCatsCIC



Facebook:
www.facebook.com/ManyCatsStudios



LinkedIn:
www.linkedin.com/in/cgoodyear/



Youtube:
www.youtube.com/channel/UCyBxNBbbdvYW1RI7XdYMHhQ



TikTok:
www.tiktok.com/@manycatsstudios



Clive Gilbert



Clive has used his role at Policy Connect to help government staff work with disabled people.



He gives lots of advice to different organisations.



Clive does this so that the Government can make rules and laws that actually support disabled people.



Clive has written a book which has helped non-disabled people understand how they can support disabled people to live independently.



Clive also writes a newsletter called dispATches.



Websites:

www.abilitynet.org.uk/asssitive-technology-news

www.policyconnect.org.uk



Twitter:

www.twitter.com/CliveGilbert



LinkedIn:

www.linkedin.com/in/clivegilbert



Dr Nasser Siabi OBE



Nasser is in charge of a company called Microlink.

Microlink helps and supports places of work to be **accessible** for disabled employees.



Accessible means it is easy to use and suitable for people with different needs.



Through Microlink, Nasser helps lots of disabled people get jobs.



Nasser regularly gives advice to big organisations about how to change the way they do things to help include disabled people more.



Nasser has received lots of awards for his work, like a lifetime achievement award.



Website:
www.microlinkpc.com



Twitter:
www.twitter.com/microlinkpc



Facebook:
www.facebook.com/microlinkuk



Instagram:
www.instagram.com/microlinkpc



LinkedIn:
www.linkedin.com/company/microlink-pc-uk-ltd
www.linkedin.com/in/nasser-siabi-obe-206b8318



Youtube:
www.youtube.com/user/microlinkpc



TikTok:
www.tiktok.com/@microlinkpc



Euan MacDonald MBE



When Euan started using a wheelchair to move around he realised how difficult it was to do everyday things, like shopping.



He realised he had to do a lot of research before going somewhere new.



So, in 2013 he created Euan's Guide.

Euan's Guide is somewhere people can share the information they have about whether a place is **accessible** for disabled people or not.



Accessible means it is easy to use and suitable for people with different needs.



Disabled people can check Euan's guide before going somewhere new, to see if it is accessible or not.



Euan also set up the Euan MacDonald Centre - which helps scientists who are researching **Motor Neurone Disease** work with other scientists.



Motor Neurone Disease is a health condition that affects a person's brain. It causes them to get weaker over time.



Twitter:
www.twitter.com/EuansGuide



Facebook:
www.facebook.com/EuansGuide



Youtube:
www.youtube.com/c/Euansguide



TikTok:
www.tiktok.com/@euansguide



Matthew Campbell-Hill



Matthew gives advice to lots of big organisations and helps them deal with certain problems.



He mainly gives advice about technology, but he also works with transport organisations.



Matthew set up a charity called Ted's Light, which supports lots of young children who are **fostered**.



Fostering is when a child can't stay with their parents and goes to live with another family.



Matthew works to make sure more people from different backgrounds are included in important roles at organisations.



Matthew has won a That'll Do Star award for his work.



Websites:

www.tedslight.com

www.matcampbellhill.com



Twitter:

www.twitter.com/MatCampbellHill



LinkedIn:

www.linkedin.com/in/campbell-hill

Sport

The

shaw trust

Disability Power 100



Aaron Phipps MBE



Aaron plays Wheelchair Rugby for Great Britain. He won a gold medal at the 2020 Paralympic Games.



The Paralympics is a competition of lots of different sports for disabled sports players.



Aaron also:

- Gives public talks which help share information about living with a disability.
- Helps companies include disabled people in their work and services.
- Supports and raises money for charity.





- Climbed a mountain called Mount Kilimanjaro without any help - he was the first wheelchair user to do this.



Aaron was given an MBE for his services to Wheelchair Rugby.



Website:

www.Aaronhipps.com



Twitter:

www.twitter.com/AaronPhippsGBWR



Facebook:

www.facebook.com/AaronPhippsGbwr



Instagram:

www.instagram.com/aaronhippsgbwr/



LinkedIn:

www.linkedin.com/in/aaron-hipps-mbe-ply-062b3747



Youtube:

[www.youtube.com/channel/
UC6A9D2W7VOB_ERz6sFBN-fg](https://www.youtube.com/channel/UC6A9D2W7VOB_ERz6sFBN-fg)



TikTok:

www.tiktok.com/@aaronhippsgbwr



Ade Adepitan MBE



When Ade was a baby he got an illness called Polio. This caused him to need to use a wheelchair for the rest of his life.

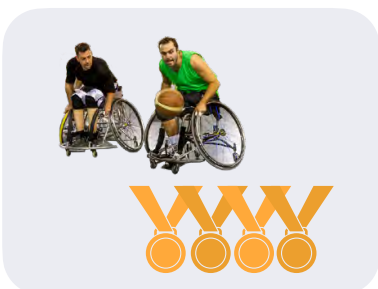


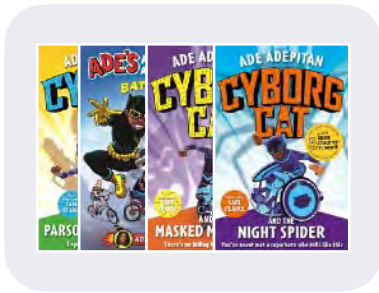
He went on to become a very successful Wheelchair Basketball player and television presenter.



Ade has:

- Travelled all over the world to present television programmes, such as the programme Unreported World.
- Given a speech about Polio and helped get rid of Polio in other countries.
- Won medals as a Wheelchair Basketball player.





- Written 4 children's books.



- Been given an MBE for his work.



Twitter:

www.twitter.com/AdeAdepitan



Instagram:

www.instagram.com/adeadepitan



Youtube:

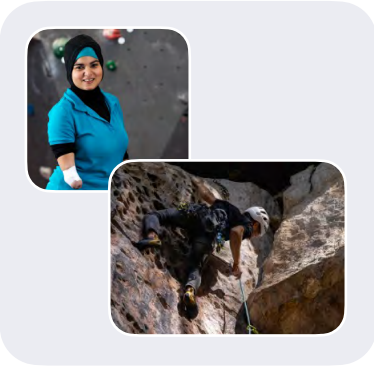
www.youtube.com/c/Adepifam



Anoushé Husain

Anoushé was born without her right arm below the elbow.

She has spent her life never letting other people or her challenges stop her from doing what she wanted.



Anoushé shares what living with a disability is like to encourage other disabled people to live their life the way they would like.



Anoushé thinks it is very important to teach non-disabled people what challenges disabled people face.



Anoushé works as a civil servant and is a paraclimber in her personal life.



She has also supported many charities and has won awards for her work.





Website:

www.anoushehusain.com



Facebook:

www.facebook.com/AnousheHusain1

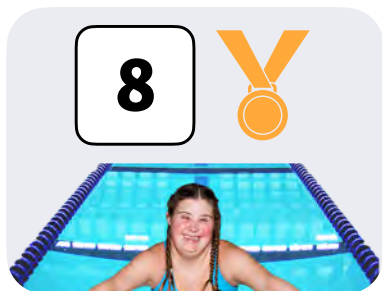


LinkedIn:

www.linkedin.com/in/anoushé-husain-4197a228



Ellie Simmonds



Ellie was a swimmer for Great Britain. She has gone to 4 **Paralympic Games** and won 8 Paralympic medals.



The **Paralympic Games** is a competition of lots of different sports for disabled sports players.



She was the youngest swimmer to join the British Paralympic swimming team and she is in this year's Disability Power 100 Top 10.



After 15 years Ellie stopped being a swimmer and now supports lots of charities including WaterAid.



Ellie has also been supporting this year's Commonwealth Games in Birmingham.



Twitter:

www.twitter.com/elliesimmonds1



Facebook:

[www.facebook.com/
EllieSimmondsOfficial](https://www.facebook.com/EllieSimmondsOfficial)



Instagram:

www.instagram.com/elliesimmonds



LinkedIn:

[www.linkedin.com/in/ellie-
simmonds-65713922a](https://www.linkedin.com/in/ellie-simmonds-65713922a)



Gavin Walker MBE



Gavin became **paralysed** in 2010 after injuring himself and now has to use a wheelchair to move around.

Paralysed means you are unable to move your body.



Gavin started playing wheelchair rugby which helped improve his health and mood.

He has played wheelchair rugby for Great Britain at lots of big sports competitions.



Gavin wanted to help others who have also become injured and are dealing with new challenges.



So he started working for the Spinal Injuries Association where he can help people face to face.



Gavin has been given an MBE for his work.



Twitter:

www.twitter.com/gm17walker



Jessica Applegate MBE



Jessica found out she had autism and other learning disabilities when she was young.



When she was 16 she won a gold medal for swimming at the Paralympic Games - a big sports competition for disabled athletes.

Since then Jessica has continued with her sport and supported:



- Mencap - a charity which supports people with learning disabilities and their families.



- Virtus - an organisation which supports athletes with learning disabilities.



Jessica also visits different organisations to talk about including disabled people.



Website:
www.jessicajaneapplegate.co.uk



Twitter
www.twitter.com/jessica_jane96



Facebook:
www.facebook.com/JESS833



Instagram:
www.instagram.com/jessicajaneapplegate/



LinkedIn:
www.linkedin.com/in/jessica-jane-applegate-mbe-b31658205



TikTok:
www.tiktok.com/@jessicajaneapplegate



Kadeena Cox



Kadeena had a stroke and was told she had **Multiple Sclerosis**.

Multiple Sclerosis is a condition that can affect your brain and spine, causing problems such as not being able to move around properly.



Kadeena did not let this stop her from becoming an athlete like she always wanted.



Kadeena has run and cycled for Great Britain, winning lots of gold medals and beating world records.



Kadeena has also set up the KC Academy, which provides more opportunities in cycling for black and Asian people and ethnic minorities.



Kadeena has become a role model for lots of people and she wants people to live their life no matter what their background is.



Twitter:

www.twitter.com/kad_c



Instagram:

www.instagram.com/kad21



Lauren Rowles



Lauren did not want her disability to stop her from being an athlete like she always dreamed of.



After becoming **paralysed** from the waist down Lauren started wheelchair racing for Great Britain.

Paralysed means you are unable to move your body.



She then moved onto rowing for Great Britain, winning a gold medal when she was just 18.



Lauren has been given lots of awards for her hard work in sport, including the BBC's Young Sports Personality of the Year.



Lauren wants to continue playing sport in the future, and would like to change how people think about disabled people and **LGBTQIA+** people.



LGBTQIA+ is used to describe people with different sexual preferences, like gay and bi-sexual. It also includes people who have changed their gender or feel themselves to be a different gender.



Website:
www.laurenrowles.com/



Twitter:
www.twitter.com/itslaurenrowles



Instagram:
www.instagram.com/itslaurenrowles/



LinkedIn:
www.linkedin.com/in/lauren-rowles-mbe-869755162/



Youtube:
www.youtube.com/channel/UCfT1_wwQR0sxaRqAQzUn4Mw



Sophia Warner BEM



Sophia is a successful athlete who started running for Great Britain in 1998.

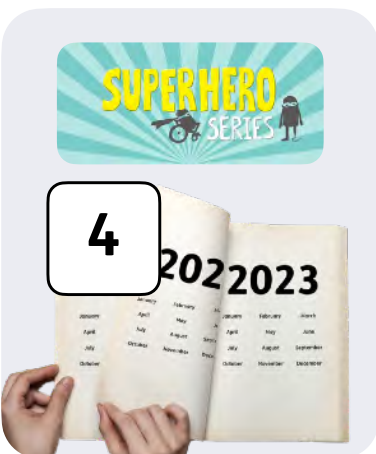


She has won gold medals in running and went to the **Paralympics** in 2012.

The **Paralympics** is a competition of lots of different sports for disabled sports players.



Sophia now works to help other disabled people take part in and enjoy sport.



To help get disabled people involved in sport she started the **Superhero Series**.

The **Superhero Series** is 4 sports events that happen every year that lots of disabled people can take part in.



The Superhero Series is all about having fun and being able to play sport without worrying you will not be able to join in.



Website:
www.superheroseries.co.uk



Twitter:
www.twitter.com/superherotri



Facebook:
www.facebook.com/superherotri



Instagram:
www.instagram.com/Superhero_series



LinkedIn:
www.linkedin.com/company/superheroseries/



Youtube:
www.youtube.com/channel/UCAdv_Y7S6O19VMht6sJtrg



Will Perry



Will is a disabled swimmer who has swum for Great Britain in lots of big sports competitions, like the Paralympic Games.

About my disability...

Since the Paralympic Games Will has spoken up about living with a disability.



He is trying to teach more people about disability **hate crime** and abuse.

A **hate crime** is being harassed or attacked because people think you are different.



Will is learning to be a professional public speaker so that he can travel the country speaking to schools and companies about disability issues.



Twitter:

www.twitter.com/will_perry/



Instagram:

www.instagram.com/will_perry/



LinkedIn:

www.linkedin.com/in/will-perry-069b0316b/

Rising Stars

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Amber Shaw



Amber has done lots of **campaign** work to improve the lives of disabled people in the UK.

A **campaign** is work to try and change something.

She has:



- Helped Salford Youth Council set up a group for young people with special educational needs or disabilities.



- Taken part in campaigns that are working to make sure all young people with disabilities have equal access to education and opportunity.



- Been a part of the UK's young people's advisory board which advises the Government about how they can support disabled young people.



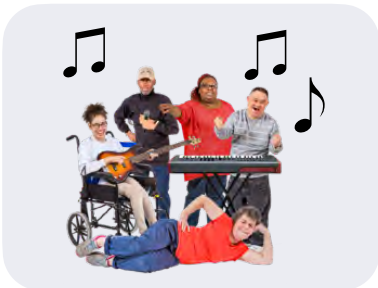
- Won an award for her campaigning work.



Twitter:
www.twitter.com/amberrs2004



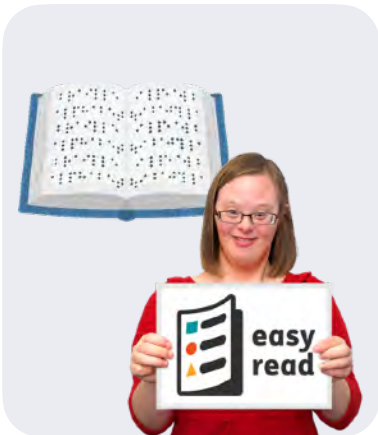
Cornel Hrisca-Munn



Cornel is a disabled musician who was born with no arms below the elbow and had to have his right leg removed.



Cornel uses social media to show others his music skills, and show that disabled people can be musicians.



Cornel has also helped many different organisations become more **accessible** to disabled people.

Accessible means it is easy to use and suitable for people with different needs.



Cornel has set up and manages a charity and does a lot of different work to improve the lives of disabled people.



Twitter:

www.twitter.com/cornelhmun



Facebook:

www.facebook.com/CornelHMMusic/



Instagram:

www.instagram.com/cornelmun/



LinkedIn:

www.linkedin.com/in/cornelhmun/



Youtube:

www.youtube.com/cornelmun



TikTok:

www.tiktok.com/@cornelmun



Fraser Simmonds



Fraser is a 9 year old boy who uses a powered wheelchair to move around.



Fraser has an online Facebook group that teaches others about what life is like living with a disability. It is called Fraser & Friends.



Fraser has been involved in lots of **campaign** work to show non-disabled people the issues disabled people have to deal with.

A **campaign** is work to try and change something.



Fraser was given a Prime Minister Points of Light awards for his work.



Twitter:

www.twitter.com/Shelley_Simmo



Facebook:

www.facebook.com/fraserandfriends



Jonathan Bryan



Jonathan learnt to read and write using his eyes. He would use his eyes to choose letters on a board with the alphabet on.

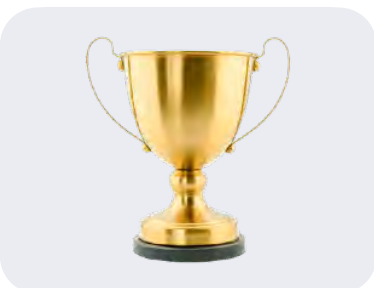


Jonathan wants to make sure all children have the chance to read and write, no matter their disability or background.



Jonathan has:

- Set up a charity called Teach Us Too which helps education organisations teach all children to read and write.
- Been a part of groups which give advice to the Government and other big organisations on how they can support disabled people.
- Got an award for all of his work.





Website:

www.eyecantalk.net

www.teachustoo.org.uk



Twitter:

www.twitter.com/eyecantalk

www.twitter.com/TeachUsToo



Facebook:

www.facebook.com/eyecantalk

www.facebook.com/TeachUsToo/



Instagram:

www.instagram.com/eyecanwrite/

www.instagram.com/teach_us_too/



LinkedIn:

www.linkedin.com/in/jonathan-bryan-0ab12b179



Youtube:

www.youtube.com/channel/UCa1RdJ4yxdRjARLYBO414FA

www.youtube.com/channel/UCusR4qKPJMiMhAqZUN4bKQA

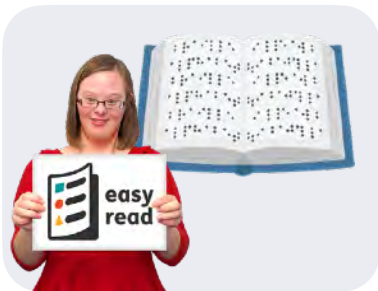


Josh McDonagh



Josh works for Proudlock Associates.

Proudlock Associates is a design company that works to make buildings **accessible** to disabled people.



Accessible means it is easy to use and suitable for people with different needs.



Josh helps Proudlock Associates make sure its work always meets the needs of disabled people.



Josh is also a member of the Network Rail Built Environment Accessibility Panel (BEAP).



BEAP helps to make sure changes and improvements made by Network Rail are accessible to everyone.



Website:
www.proudlockassociates.com/



Twitter:
www.twitter.com/mrjoshmcdonagh



LinkedIn:
www.linkedin.com/in/josh-mcdonagh-15555483

Judges' Choices

The

shaw trust

Disability Power 100



Lucy Aliband



Lucy was the Director of Communications in a very important **campaign**.

A **campaign** is work to try and change something.



The campaign worked to make sure that disabled people do not have to pay for disabled car parking spaces at all NHS hospitals.



This became part of the law in 2021.

Lucy is now a volunteer at the United Nations where she is:



- Working to make sure United Nations buildings are easy for people with disabilities to access and use.



- Helping the United Nations meet the needs of people with disabilities, especially disabled women.



Parmi Dheensa FRSA



Parmi is an award winning activist who supports and speaks up for people who are often ignored or left out.



Parmi set up a charity called Include Me TOO, which supports disabled children and their families.



Through Include Me Too Parmi supports disabled children and their families in lots of different ways, like leading projects and improving services.



Parmi has worked and given talks at lots of important organisations like the United Nations.

She talks about the issues disabled children and their families deal with.



Parmi's work is improving the lives of many disabled children.



Website:

www.includemetoo.org.uk



Twitter:

www.twitter.com/includemetoo

www.twitter.com/parmidheensa



Facebook:

www.facebook.com/IMTOO



LinkedIn:

[www.linkedin.com/in/parmi-dheensa-](http://www.linkedin.com/in/parmi-dheensa-frsa-90227189/)

[frsa-90227189/](http://www.linkedin.com/in/parmi-dheensa-frsa-90227189/)



Professor Alys Young



Alys is a professor of **social work** at the University of Manchester.

Social work means when someone is given help and support to live an independent life.



Alys has also won the Times Higher Education Award for her **research** work.



Research is when professionals with a lot of knowledge on a topic look into something.

Alys' research work includes:

- Helping lead a research group called SORD - SORD are looking at how deaf people do not have the same access to health care as other people.





- Leading different studies that are looking at what life is like for deaf people.



- Having many research roles, such as being a **research supervisor**.

A **research supervisor** is someone who supports other people to work through their research projects.



Website:

[www.research.manchester.ac.uk/
portal/alyson.young.html](http://www.research.manchester.ac.uk/portal/alyson.young.html)

Hall of fame

Our hall of fame includes all the people who have come first in the Disability Power 100 since 2015.



2021: Caroline Casey

Caroline set up the Valuable 500, a collection of 500 businesses who work together and agree to include disabled people.



2020: Nikki Fox

Nikki works for the BBC reporting on issues that affect disabled people. She has also been on lots of TV programmes.



2019: Baroness Jane Campbell

Jane works in Government to make sure disabled people have the same rights and chances as non-disabled people.



2018: Alex Brooker

Alex is a well known TV presenter and comedian who presents The Last Leg on Channel 4.



2017: Dame Sarah Storey DBE

Sarah is a disabled sportswoman for Great Britain's disabled cycling and swimming teams. She has won 17 gold medals.



2016: Baroness Tanni Grey-Thompson

Tanni is a disabled sportswoman who also speaks up in Government on different topics, including disability rights.



2015: Stephen Hawking

Stephen was a very famous scientist and author who wrote a book called *A Brief History of Time*. The book made difficult science and maths ideas accessible to everyone.

About us



At Shaw Trust we believe in equality and including everyone.

We help lots of people every year by offering different services in care, education and work.



We help businesses and companies to include disabled people by:

- Matching businesses with disabled people who are looking for jobs.



- Teaching businesses how to support their disabled workers and disabled customers.



- Supporting businesses to have buildings and technology that disabled people can access and use.



- Offering training that teaches businesses how to confidently communicate with disabled people.



- Offering businesses the chance to do some volunteering with us to learn more.



- Providing high quality services.

