



Disability History Month 2023.



Liz Carr.

Liz Carr is a comedian, actress and international disability rights activist. She was born in 1972 and grew up in Merseyside, she was disabled from the age of 7 when she developed Arthrogryposis Multiplex Congenita or AMC which describes congenital joint contracture in two or more joints have the body she has used a wheelchair since the age of 14.

She can be very frank about her disability often referring to it in her stand-up comedy performances. She became involved in disability rights activism while studying at Nottingham University and after graduating she left work in law to work as a disability equality trainer.

She has been a disability rights campaigner in the UK and has spoken at various rallies. In 2008 she joined with ADAPT, a grassroots disability rights organisation in the US, where she campaigns for the rights of disabled people.

Marsha Chantal de Cordova

Marsha Chantal de Cordova (born 23 January 1976) is a British politician serving as Member of Parliament (MP) for Battersea since 2017. A member of the Labour Party, she was a Member of Lambeth London Borough Council from 2014 to 2018. De Cordova served in the Shadow Cabinet of Keir Starmer as Shadow Secretary of State for Women and Equalities from 2020 to 2021.

She was born with nystagmus and is registered blind. De Cordova attended Hanham High School (now Hanham Woods Academy).



De Cordova was appointed as the Shadow Minister for Disabled People on 9 October 2017, replacing Marie Rimmer. She was promoted to Shadow Secretary of State for Women and Equalities by new Labour leader, Keir Starmer, replacing Dawn Butler.

Speaking to the Disability Business Forum during Black History Month, De Cordova highlighted the intersectional nature of discrimination: "At this crucial time, we need a plan that supports more Black disabled people to find sustainable and meaningful work, retain employment and create new jobs in the future. The stronger our collective understanding of the lived experience of Black disabled Britons today, the more we can do to re-imagine a future free from inequality."

Dame Tanni Grey-Thompson



Tanni Grey-Thompson is a retired Paralympian, motivational speaker, disability rights campaigner, TV presenter and politician. She was born in Wales in 1969 with Spina Bifida which is characterised by incomplete closing of the spine and the membranes around the spinal cord, as a result of this she uses a wheelchair.

Her Paralympic career started in 1984 when she competed in 100 metres wheelchair racing at the junior national games for Wales. Her international career began in 1988 at the Paralympic Games in Seoul where she won a

bronze medal in the 400 metres wheelchair race.

She has won 16 medals in her Paralympic career including 11 gold medals. She has a total of 13 world championship medals and has won the London Marathon six times between 1992 in 2002. She currently sits as a crossbencher in the House of Lords where she campaigns on many issues including disability rights. In 2013 she received an honorary doctorate of science for her services to disability and that was given the BBC Sports Personality of the year award in 2019, she also received a DBE in 2005 for services to disabled sport. Dame Tanni Grey- Thompson shows us that having a disability can be a platform to influence change and help improve the opportunities for people with disabilities from a variety of backgrounds.

Professor Stephen William Hawking

Stephen William Hawking, is one of the most well-known and highly respected Physicists in the world. He was born in Oxford in 1942 and he began his university education at University College Oxford in 1959 at the age of 17. By 21 he was diagnosed with motor neurone disease, a degenerative neurological disorder characterised by loss of motor neurone function which meant that overtime he began to lose the use of his limbs and the ability to speak.

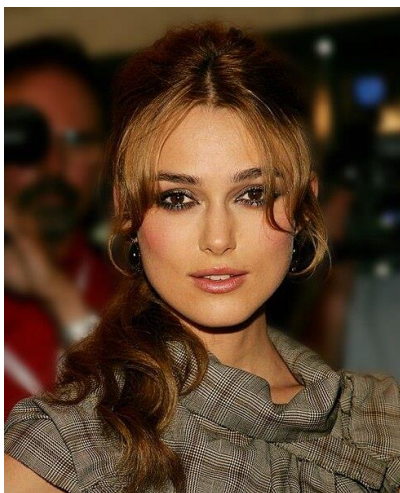


In 1979 he was elected Lucian professor of mathematics at the University of Cambridge, widely viewed as one of the most prestigious academic posts in the world. He was also a fellow of the Royal Society and a lifetime member of the Pontifical Academy of Sciences. His research into black holes and the theory that they emit radiation often called "Hawking radiation" was ground breaking.



In 1988 he published *A Brief History Of Time* the first book of its kind which stayed at the top of The Sunday Times bestseller list for a record-breaking 237 weeks this was published using a speech generating device of his own design which he controlled initially with his hand and later with a single cheek muscle. Stephen Hawking was able to become one of the most renowned academics of the 20th century despite being given two years to live in 1963 and his achievements only serve to prove not disabilities should not be barriers to education or professional achievement and professor Stephen Hawking is remembered throughout the world photos achievements and not just for his disability.

Kiera Knightley



Diagnosed with dyslexia at age six, Knightley struggled with reading in school. Her parents took quick notice, but the only way they could get the aspiring actress to improve was to use an incentive.

According to Knightley, she struck a deal with her parents where if she was able to learn to read, they would hire an agent for her. So, over the summer holiday, she took the challenge and used the screenplay of Emma Thompson's adaptation of *Sense and Sensibility* as her reading tool.

Knightley's mother, who worked with Thompson on the screenplay, encouraged her daughter to learn to read, because "that's what Emma Thompson would do."

Eventually Knightley learned to read, and her parents fulfilled their promise to hire an agent for her, which launched her acting career. She has since gone on to star in films such as *Pride and Prejudice* and the *Pirates of the Caribbean* films. She maintains that her dyslexia hasn't affected her ability to learn her lines.

Ruby Wax OBE



Ruby Wax OBE (born 19 April 1953) is an American-British actress, comedian, writer, television personality, and mental health campaigner. A classically-trained actress, Wax was with the Royal Shakespeare Company for five years and co-starred on the ITV sitcom *Girls on Top* (1985–1986).

Wax has been open about her struggles with bipolar disorder and depression. She made an online series on mental health issues for the BBC and has worked with mental health charities.

Wax's 2010 stand-up show *Losing It* dealt with her mental health, including time she spent in a psychiatric clinic. Wax founded the mental health website (which is now part of the SANE mental health charity) in 2011 in response to the audience reaction from her theatre show.



In 2013, Wax published *Sane New World*, which became a number-one best-seller. It was followed in January 2016 by *A Mindfulness Guide for the Frazzled*. In 2018 her third book on the subject of mental health came out: *How to Be Human: The Manual*, written with the help of a neuroscientist and a monk.

In June 2015, Wax was appointed Visiting Professor in Mental Health Nursing at the University of Surrey. In 2015, it was announced that she would be made an Officer of the Order of the British Empire for her services to mental health.