



Kairos CHRONICLE



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“Alone we can do so little; together we can do so much” - Helen Keller

WELCOME

Welcome to Issue 5 of the Kairos Chronicle! We're proud to showcase submissions from women & non-binary people across Renfrewshire. We have dedicated this Chronicle to our late volunteer **Susan McKinstrey** who sadly passed away in February, and the theme running throughout this issue is **disability**, as well lots of our regular features.

We are finally moving into our new home at the Old Embroidery Mill in Paisley so this month we will be busy setting up the space and getting all our regular groups back up and running. Come and visit us soon!

THE CHRONICLE TEAM



Annie



Emmagayle



Kate



Jules



OUR SUSAN

**MEMBERS OF THE EQUALITIES
COLLECTIVE REMEMBER
VOLUNTEER AND ACTIVIST,
SUSAN MCKINSTERY WHO SADLY
PASSED AWAY ON 5TH
FEBRUARY 2022**

Annie: Susan joined the Kairos Equalities Collective after our 'Reflecting on LGBTQ+ Lives' event in October 2020. I was inspired by her strength of voice during the conversation, as she spoke with such wisdom and clarity. She went on to be a strong voice for our collective, continuing her lifelong advocacy for disability, LGBTQ+ and women's rights in our zoom meetings. Her activism was intersectional feminism in practice; Susan's work was always striving to build a more inclusive world.



**PHOTO CREDIT:
MARIA AGNES QUINN**

Susan's passing is a great loss, but her memory is held within our Equalities Collective and we will continue her legacy by fighting for a better society for all women and non-binary folk, channeling her fire and tireless commitment.

**"NOBODY COULD DENY
THAT SUSAN WAS A
FORCE TO BE RECKONED
WITH IN BOTH THE
DISABILITY ACTIVISM
COMMUNITY AND
FEMINIST MOVEMENT IN
GLASGOW."**

Emmagayle: I only ever met Susan over Zoom, but even on that tiny laptop screen the massive passion for activism and doing good that Susan had came across.

Nobody could deny that Susan was a force to be reckoned with in both the disability activism community and feminist movement in Glasgow.

Even though I only knew her for a short while working together on projects for the Equalities Collective it was an absolute privilege to have known Susan.

Kate: In early 2021, I was in a small working group with Susan and Jules O'Brien as we prepared for our International Women's Day Event.

Susan found time in her very busy schedule to advise and prepare our piece for the Women and Work session. During that time, and whilst hearing her contributions in the other events, I was impressed by her very thoughtful responses, which both challenged and informed me. She had such a supportive, kind way too. When Susan spoke it was always a worthwhile listen. It was an honour to know her.



"HAVE YOU EVER MET SOMEONE AND JUST CLICKED?"

Katy: I met Susan back in 2018 when we worked together on a mental health project at an LGBT charity. In fact, Susan was on the interview panel so she was one of the first kind souls I met here in Scotland.

Have you ever met someone and just clicked? It felt like that with Susan and I – we shared so many of the same values, including a mutual passion for equality and justice. Susan led the way for a joint LGBT Disabled People's space with the wonderful Glasgow Disability Alliance.

"SHE WAS DRIVEN BY THE DESIRE TO ENSURE 'NO PART OF YOU HAD TO BE LEFT AT THE DOOR'"

She was driven by the desire to ensure 'no part of you had to be left at the door' and created an inclusive, welcoming space for disabled LGBT people to come together and make change. Susan also joined the LGBT Wellbeing Collective, contributing to create an exhibition in Glasgow, and support the monthly Wellbeing Group.

In the short 6-months we worked together I learnt more than I ever had about disability rights, Susan's passion shone out of her and she was always up for a good debate about the world. From our regular meetings, I learnt just how difficult it was to find wheelchair accessible spaces and felt angry at myself for lacking awareness and angry at the world for remaining so inaccessible.



PHOTO CREDIT: MARIA AGNES QUINN

We could only use a small handful of coffee shops and public spaces, and even those weren't perfect. I've carried a passion for accessibility with me ever since, ensuring all Kairos spaces are not just 'good enough' but instead as close to fully accessible as they can be – **the legacy of a friendship that will stay with me always.**

After starting at Kairos in 2018 I knew I had to find a way to get Susan involved – mostly because I missed her, but also because her values matched Kairos'. In October 2020, the opportunity presented itself and Susan joined our LGBT Lives intersectional panel discussion, and she blew us away with her insights. It didn't take long before she was a fully-fledged member of our campaigning group, the Equalities Collective, leading workshops, attending meetings and making digital content.

"I'VE CARRIED A PASSION FOR ACCESSIBILITY WITH ME EVER SINCE, ENSURING KAIROS SPACES ARE NOT JUST 'GOOD ENOUGH' BUT INSTEAD CLOSE TO FULLY ACCESSIBLE"

Since Susan passed, I've thought of her every day and the image that always comes to mind is her laughter – that deep belly laugh which was so full of joy!

Thank you Susan, for all you have taught me about myself and the wider world. Your laughter and commitment to change the world lives on through all the lives you touched, including all of us here at Kairos Women+.

YOUR LAUGHTER AND COMMITMENT TO CHANGE THE WORLD LIVES ON THROUGH ALL THE LIVES YOU TOUCHED, INCLUDING ALL OF US HERE AT KAIROS WOMEN+

Jules: For weeks I've been mulling over what to say about the loss of Susan but I'm still stunned speechless. I was a little in awe of her even before we met on zoom. I never got the chance to know her outside of my computer. I will never forget her.

**READ AN ARTICLE SUSAN WROTE FOR THE HUFFINGTON POST:
[HTTPS://WWW.HUFFINGTONPOST.CO.UK/ENTRY/DISABLED-JUST-SURVIVING_UK_5DE116FEE4B00149F72DD476](https://www.huffingtonpost.co.uk/entry/disabled-just-surviving_uk_5de116fee4b00149f72dd476) AND FIND OUT MORE
ABOUT THE GLASGOW DISABILITY ALLIANCE AT: [HTTPS://GDA.SCOT/](https://gda.scot/)**



DISABILITY

by Emmagayle Harper

Many of our submissions for our April 2022 issue of the Kairos Chronicle are centred around the stories and experiences of disabled women+. I am a disabled woman, I was born with FSHD Muscular Dystrophy and have been a full time wheelchair user for the last few years due to the degenerative nature of my disability.

While my disability is part of my identity that I have come to accept, live with and in some sort of strange way love, others in society still have some issue understanding disabled people and the lives we live.

Especially when it comes to relationships. Unfortunately, many people still find it difficult to fathom that disabled people can be in relationships, have sex, get married and fall in love. I know, shocking right?

A lot of this, I feel, stems from the inherent stigma surrounding disability and the societal infantilization and othering of disabled people that has plagued our very existence for decades.

"Dating disabled people is not an act of charity, we're all pretty amazing in our individual ways."

I've had people question my relationship and say that my partner is only with me for the 'perks' that come with having a disabled other half like a mobility car, blue badge etc. Like it is somehow completely inconceivable that he could be with me just for me.

"MANY PEOPLE STILL FIND IT DIFFICULT TO FATHOM THAT DISABLED PEOPLE CAN BE IN RELATIONSHIPS, HAVE SEX, GET MARRIED AND FALL IN LOVE"

There have been other times I've had random people say to my partner that he's 'good' or a 'saint' for being with me. Again, is it so totally unbelievable that a non disabled person would want to be in a relationship with me, a wheelchair user?!

Dating disabled people is not an act of charity, we're all pretty amazing in our individual ways.

At the end of the day, people can love who they want to love but society really needs to take a step into 2022 and open its eyes to the fact that disabled people are deserving of love and happiness too as much as any non disabled person.



KAIROS WOMEN+

Our Ethos

Kairos Women+ was established as a Scottish Charitable Incorporated Organisation (SCIO) for the benefit of women and non-binary people in Scotland. Our charitable aims are:

EQUALITY, DIVERSITY & INCLUSION:

At the heart of Kairos Women+ is our passion for equality and diversity. We continuously strive to build inclusive spaces that feel like home for women+ of all ages and beliefs, disabled women, trans women, women of colour and all ethnicities, queer women and non-binary people. We listen to what women+ tell us about how we can make our spaces more accessible and create opportunities for women+ to make change through our collaborative approach.

COMMUNITY DEVELOPMENT & CITIZENSHIP:

We believe in the power of collaborative decision-making, bringing women and non-binary people together to influence our community as active, engaged citizens. We value the strengths and lived experience of each woman+ we meet, recognising the influence they have in their own lives and the lives of others, and we actively reach out to women+ experiencing tough times to ensure they are included and involved.

**"WE BELIEVE IN THE
POWER OF
COLLABORATIVE
DECISION-MAKING"**

RELIEF OF THOSE IN NEED:

We are committed to supporting women and non-binary people in need because they are disadvantaged compared to others by providing care, support or practical assistance to eliminate or reduce the disadvantage. This might be due to age, ill-health, disability, ethnicity or financial hardship.

ENVIRONMENT:

Kairos encourages women to help the local environment flourish including improving access to public spaces and reducing waste and consumption.



Our approach is supported by facilitated groups such as personal development programmes, training and development opportunities, a supported volunteer programme, peer support groups, project planning groups as well as social spaces. This is complimented by our **'Making Change'** opportunities including influencing the representation of women+ in history via Kairos Museum, campaigning for change with the Equalities Collective, planning and hosting equalities events and influencing Kairos' development via the Development Team.

COME AND VISIT OUR NEW HOME:

Unit 56-60 Embroidery Mill
Abbey Mill Business Centre
Paisley
PA1 1TJ



You'll find a full list of What's On on our website:

<https://kairoswomen.org/>

OUR MISSION:

*Women+ supporting women+
to reach their potential*

I spent some time recently looking through volumes of poor relief applications from the years 1848 - 1852 for the parochial board covering Paisley. The parochial board managed the provision of poor relief and raised funds via a poor rate levied on the town's wealthier citizens based on an assessment of their property ownership. It was the responsibility of the Inspector of Poor to consider each application. Many applicants were completely destitute and in absolute poverty.

A random selection of just three of these applications points to the life experience often faced by women which could lead to poverty and destitution. This could be ill health, childcare responsibilities, or being elderly without immediate family for care in old age.

Back in Time with Lil Brookes

Disability and Poor Relief

Janet was unmarried, 32 years old and ill after giving birth to a baby, this was her second child; **Henrietta** a widow of fifty with a young daughter was unable to work as a sewer due to rheumatic pain and **Catherine**, a farm servant, single aged forty had not worked since harvest time and her health was complicated by having symptoms of "dropsy" (today this could be identified as the medical condition of edema which is associated with heart failure and malnutrition). 12

Each of these women made an application for poor relief and as such they had to answer several questions about their personal circumstances which assisted the Inspector of Poor to come to a decision about whether these women deserved assistance from the parish fund. The issue and the subject of one of the many qualifying questions was whether the applicant was "*wholly*" or "*partially*" disabled?

If an applicant was deemed to be able bodied /able to work or they had another source of income or indeed if there were other family members who could provide for them then the question of disability did not apply and the application for poor relief would not be approved.

Poor relief either in the form of short-term assistance (often called outdoor relief) or entry to the parish poorhouse were paid from public funds and as such the Inspector of the Poor was duty bound to guard the funds from any misuse. Further qualifying questions related to where the applicant had been born and where they had lived over the course of several years. The parochial board of Paisley were responsible for the poor of the town only and could refer an applicant to another area if they did not meet the residential qualification.

"IF THERE WERE OTHER FAMILY MEMBERS WHO COULD PROVIDE FOR THEM THEN THE QUESTION OF DISABILITY DID NOT APPLY"

I try to imagine how Janet, Henrietta and Catherine felt as they stood in front of the Inspector of Poor to answer the questions posed to them and in some way to justify their personal situation of absolute poverty and destitution. I must acknowledge that personally a shiver goes down my spine and I experience a sense of indignation. The disability of ill health, childcare, and old age.



Our Making Her Mark group at the Heritage Centre in Paisley looking at Poor Law Records

LIL BROOKES IS A SOCIAL HISTORIAN AND ARTIST WORKING IN RENFREWSHIRE

Find Lil on Twitter

**@Gatekeeper_art or
gatekeeperart.co.uk**

**You can find out more about what life was like in the poorhouse in our Heritage Series of '*A Brew & A Blether*' podcast, Episode 2: Poorhouses & Poverty. This series was produced by a group of Kairos volunteers and recorded at Erskine Arts. You can find more information and links to the series on our website:
<https://kairoswomen.org/our-podcast/>**

A PROBLEM SHARED

"I have recently gone through some big changes in my life and I am feeling unsettled. I moved out of my house where I lived with my partner and I left my job. I think these were positive changes but I am struggling with starting everything all over again and I am finding life chaotic. I know new starts take time but do you have any advice about what could make me feel more grounded and secure in the meantime?"

AGONY AUNT RUTH SAYS...



Firstly thank you for writing in. Well done for making your choice to change 2 of the biggest changes in your life. I know it is hard but if you take small steps you will get there.

Try to find a group or club where you will be able to meet other people in your community, once you are settled in your community, you can start with either job hunting or maybe you want to learn a new subject to aid your job hunting.

To ground yourself I would suggest doing a course in either yoga, meditation or mindfulness as this could make you more relaxed and help you to know how to ground yourself when you feel things are getting to you.

Here is a thing I do to calm myself down: first find somewhere to sit, then close your eyes and take a deep breath in through your nose and out of the mouth. Do this a few times and you should feel better.

Meet the Student

Hello everyone! My name is Jade, and I am in my fourth year of university studying as a Social Work Student. I am currently on placement with Kairos Women+ as well as the Women's Community Justice Service and I have loved every second of it

Being on placement in Kairos has allowed me to get to know so many wonderful women that I am truly grateful to have crossed paths with. I have learned so much about the woman I am and the woman I wish to be, and because of this, Kairos makes me a better person every single day – what an incredible bunch of women you all are!!!

Overall, I don't think I could choose a favourite project or group as they all bring different qualities to Kairos, they are all as special as each other and that is what makes Kairos so wholesome and fundamental to women's personal development.



JADE AT VIVA BRASIL

What do you get up to in your spare time?

In my spare time, I love to explore different countries and cities. I'm a huge foodie and I aim to try different foods and cuisines from all over the world which comes hand in hand with travelling! Aside from this, I love listening to music, going to the gym and going to the theatre... maybe I'm in the wrong job haha!

Tell us more about why you wanted to study social work?

My decision to study social work came with time, I started off my journey as a counsellor and from there, decided I would like to discover the world of social work and how I could make my mark in the world. Social work, for me, is about working alongside individuals and helping them to discover their full potential – it's entirely about partnership, trust and building meaningful relationships – which is at the core of all my values.



"I HAVE LEARNED SO MUCH ABOUT THE WOMAN I AM AND THE WOMAN I WISH TO BE, AND BECAUSE OF THIS, KAIROS MAKES ME A BETTER PERSON EVERY SINGLE DAY."



BYE BYE BRACKENBRAE

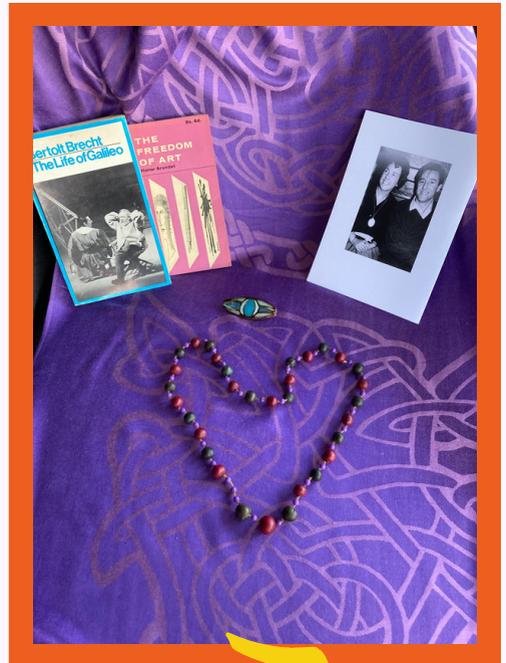
BY KATE CLARK

When you were a child was there a favourite house you loved visiting?

Grannies' houses were good for spoiling opportunities and cousins' for the endless play and pranks. In the 1960s going from a top floor tenement flat in Govanhill, Glasgow to Bishopbriggs and a brand new, contemporary building... with a garden, was my favourite destination.

I liked the difference and the familiarity I found there. Such interesting objects were on display.

No-one else had a moving, Indian dancer statue or a picture of an elaborately tattooed Maori person on the wall. I was fascinated.



Belongings from Brackenbrae Avenue - Kate chose to take a purple scarf, some beads and 2 books.

Importantly, Helen and John Kay were there to give a warm welcome and impress with their stories of foreign travel, international concerns and show, by example, their commitment to making the world a safer and more equal place.

In Brackenbrae Ave, a singsong starting was just a matter of time. At every party Shakespeare would be brushed up, Rabbie regaled, and tributes to the Bar Room Mountaineers or Kelty Clippie given, before Irene was sung goodnight.

Maxwell and Jackie completed the family and made our visits to Brackenbrae even more fun, with my parents enjoying their reciprocal visits to our house and gatherings.

In December 2021 Maxwell and Jackie Kay invited me to a Goodbye to Brackenbrae Avenue event. Old friends gathered to remember the happy times they had shared there.

Helen and John were missed, but tales were told to much laughter and a few tears. Everyone was asked to choose, from the round table, an item from Helen's scarf and jewellery collection and a book from John's library. It was a memorable afternoon in a home which had seen so much nurturing with love, joyous enthusiasm, music and debate.

"In Brackenbrae Avenue, a singsong was just a matter of time."

AROUND THE ROUND TABLE

BY JACKIE KAY

You are no longer at your round table
Looking out at your weeping willow

But come with me now wherever I go.
It was at this table not so long ago

When Peggy Seeger came to tea
And you sat singing peace songs

Eating scones and jam – your lives played back
To you through song; all that belief

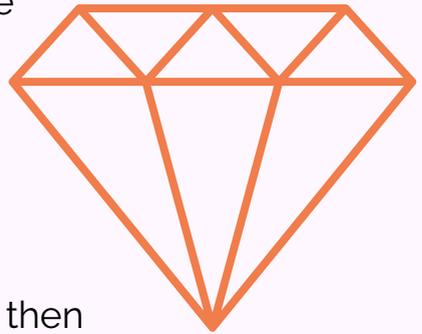
We shall overcome. And it was here
I remember I first heard Aly sing

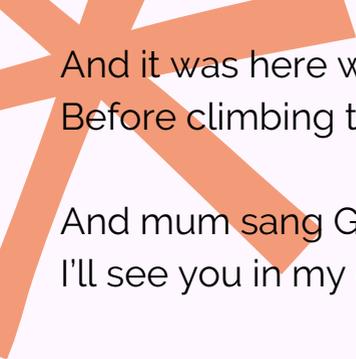
Diamonds and Rust by Joan Baez
About her affair with Dylan

And that line shone even way back then
And if you're offering me diamonds and rust

I've already paid, though none of us knew
What it meant; we sensed the heartache coming

Down the line like a train heading for the Midwest
And the rest and the rest.





And it was here we had our last round of toast
Before climbing the thirteen stairs to bed

And mum sang Goodnight Irene, Goodnight Irene
I'll see you in my dreams and Dad sang Coorie Doon.

And your beds are now empty
But your house is full of song.

Not so long-ago Dad sang to Adjoa in his fake American
accent

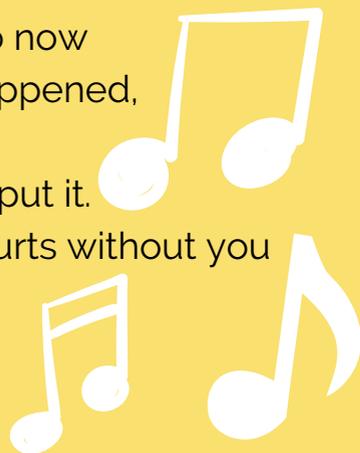
I was born in old Wyoming and Adjoa threw back her
head and laughed

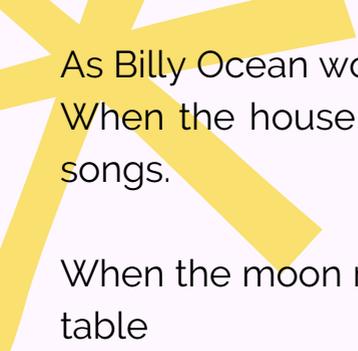
When he got to the line, laugh and laugh, laugh and
laugh
And something about a better half.

And it was around this table
You read the papers and shook your heads at the News

And said what a world, what a world, so now
I turn to tell you the things that have happened,

What's going on as Marvin would have put it.
Or start singing suddenly Love really Hurts without you





As Billy Ocean would have it - wanting it back
When the house was full, and the table legs shook with
songs.

When the moon rises over Brackenbrae, I sit at the empty
table

Looking out into the night and hear Dad singing Ella

Say it's only a paper moon and sat here at the table
Your empty places fill and fill, even as tears spill

And I know the difference between make believe and
real.

For you'll always join a round of song round your round
table



**"Around The Round Table" reprinted by
kind permission of the author.**



**Kairos is excited to have met with
Scottish Makar Jackie Kay through
a special connection with our
volunteer and Chair of Trustees
Kate. Watch this space for the full
interview to be released in our
next Kairos Chronicle!**

INTERSECTIONALITY: HOW IS IT CONNECTED TO POVERTY?

Excerpt from speech by
Annie Tothill

What do we mean by intersectionality? Kimberly Crenshaw described it as the unique experiences faced by people who have more than one marginalised identity - being a woman is one marginalised identity, then being a disabled or a migrant woman is another.

In Renfrewshire, 1 in 5 children will grow up in poverty, and that figure increases to as high as 1 in 3 in certain areas. This does not have to be the case. We demand that poverty is no longer normalised, because in Renfrewshire and more widely in Scotland poverty can, and must, be solved.

Here is an example to demonstrate:

A black working class woman will have limited access to opportunities because of her class position, and will be undervalued in education and employment because of her race. She will have to work 'ten times harder' to prove herself at school and at work. If she is also trans, she will face discrimination because of her gender identity. If she is disabled, she will again be disadvantaged by society not meeting her access needs. **Multiple structural disadvantages mean that disabled, BAME, transgender, refugee and older women are particularly at risk of experiencing poverty.**



The UK is the fifth richest country in the world, so we have plenty of resources to go round. Yet wealth is accumulated in the hands of a few rather than distributed more equally amongst us all.

If action can be taken to support people in a global health crisis, action needs to be taken to support everyone experiencing the crisis of poverty. Our government has made a decision to allow people to live below the poverty line and not provide universal housing, income and services for all.

"Our government has made a decision to allow people to live below the poverty line."

At Kairos, our ethos is 'love, laughter, friendship and support', and we work with groups to talk about redesigning our communities. Our members have no difficulties coming up with ideas about how we transform our health service, employment, the benefits system, housing, immigration, transport and the justice system. They can easily identify the problems with services, and just as easily think about how these services could be more compassionate, caring, accessible and supportive of everyone regardless of gender, age, class, race, religion, sexuality or disability. It is time that the experts in poverty - those experiencing it - were listened to.

LIFE WITH TOURETTE'S

Nikki Barnett is our Support Worker at Kairos Women+. She tells us more about living with Tourette's syndrome.



I was diagnosed with Tourette's syndrome (a disorder that causes people to make often involuntary noises and movements) at the age of 5, about ten years after my sister's diagnosis. Our stories of diagnosis are both very similar - excessively doing odd sounds (vocal tics) and movements (motor tics) that we described as feeling uncomfortable holding in - until our parents took us to doctors and psychologists, leading to our diagnoses.

My family soon found connection and support in other families with similar stories through attending Tourette Scotland events throughout the country. These offered great escapes from spaces in my daily life, like school, that didn't understand what it was like having to tic or holding them in, a very uncomfortable sensation that can only be managed for so long before it feels like you're about to explode.

Through these spaces I got to see how varied- and in lots of ways funny!- the disorder is, and my main memory of them is laughing and feeling free in a way I didn't in most spaces.



As I've gotten older my Tourettes have changed with me. I tic less now and find that they change slightly more often- as opposed to when I was a child and they were incredibly repetitive- and are easier to hide.

Nikki facilitates the Mental Wellness group and supports women+ one-to-one.

They still fluctuate according to my mood and level of distraction and are definitely still alienating sometimes (I still need to leave rooms to do them when I'm overwhelmed by their volume or the setting isn't appropriate) but are overall something I like about myself.

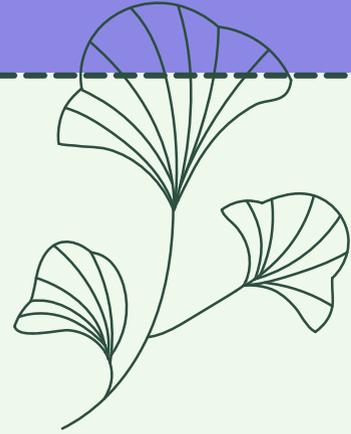
They never cease to make me, my family and my friends laugh, and they've taught me a lot about confidence and empathy for others.



For more info about Tourette's syndrome and getting support visit: <https://www.tourettescotland.org/>

SARAH'S JOURNEY TO A DIAGNOSIS

My name is Sarah. In December 2013 I had my beautiful son. Everything was going well until one day on 2017, I had him at a local soft play, and I was approached by a stranger who advised me to get my son assessed for autism as she recognised a lot of autistic traits in him.



Apparently, she was a Special Needs teacher. My husband and I didn't know anything about autism, so we did some research before we approached our GP to request an assessment. Our son was diagnosed with autism in January 2018. Since then, I have attended a lot of autism courses to learn as much as I can about autism so that I can help my son as best I can.

Our son was also diagnosed with glue ear which was affecting his speech. He had grommets fitted and since then, his speech has improved dramatically. He had a deferred year at nursery where his time was split between the at a PSADU and his mainstream nursery. In Primary 1 his time was split between mainstream school and a language unit. Our son is now at mainstream school full time where he receives ASNA support. Other than that, he doesn't receive any other support. I am his support. He is doing extremely well, and we honestly are so very proud of him. He is an amazing wee boy. He's so sociable and he keeps us on our toes!

"While going through my son's assessment, I found that something just clicked with me."

While going through my son's assessment, I found that something just clicked with me. I could relate to a lot of the traits, and it answered a lot of questions about myself for me. I approached my GP, and an assessment was arranged for August 2018. The day before my 39th birthday, I received my Asperger's diagnosis. It was such a relief to know that I wasn't weird or just moody or unsociable like people had told me all my life that I was.

Finally, I had an answer as to why I found life so difficult. I don't receive any support, but I have learned some coping mechanisms which get me through.

"It was such a relief to know that I wasn't weird or just moody or unsociable like people had told me all my life that I was. Finally, I had an answer as to why I found life so difficult."

Having Asperger's helps me to understand and relate more to my son than neurotypical people. Autism is our superpower! What's yours?



Information, advice and support for autistic women is available from the Scottish Women's Autism Network (SWAN):
<https://swanscotland.org/>



DISABILITY REPRESENTATION



Popular TV, film and newspaper portrayals of disability often depict simplified versions of the disabled character as a 'victim' or someone with a mental illness as a 'psychopath'. We have collected some TV, film and book recommendations for more realistic and nuanced representation of disabled people.

We are always looking for more so add to the list by emailing us your suggestions: annie@kairoswomen.org

TV

- **Sex Education** - Netflix (George Robinson playing Isaac is a wheelchair user)
- **Homeland** - Netflix (Carrie Anne Mathison is a character with bipolar disorder)
- **In My Skin** - BBC3 (Trina is a character with bipolar disorder)
- **The Witcher** - Netflix (Liz Carr playing Fenn is a wheelchair user)
- **Silent Witness** - BBC1 (Liz Carr playing Clarissa Mulerry)
- **Coronation St** - ITV (Cherrylee Houston playing Izzy Armstrong is a wheelchair user)
- **Then Barbara Met Alan** - BBC (Dramatised portrayal of Disability Rights Movement in UK in the 1990s starring Ruth Madeley and Arthur Hughes)
- **Crip Camp: A Disability Revolution** - Netflix (documentary about Disability Rights Movement in US)
- **Special** - Netflix (Ryan O'Connell's memoir as a gay man living with cerabyl palsy)

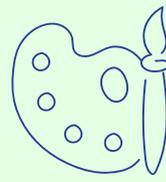
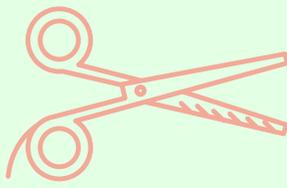
FILM

- **A Quiet Place** (Milicent Simmonds playing Regan is deaf)
- **It's Personal** (documentary made by Kyla Harris who requires 24-hour personal care)
- **Run** (Kiera Allen playing Chloe is a wheelchair user)
- **The Peanut Butter Falcon** (Zach Gottsagen playing Zak has Down's Syndrome)
- **Children of a Lesser God** (Marlee Matlin playing Sarah is deaf)
- **Eternals** (Lauren Ridloff playing Makkari is deaf)

BOOKS

- **Bodies are Cool** - Tyler Feder (body positive picture book)
- **Warp & Weft** - Lisa Fannen (radical approaches to 'mental health' and wellbeing)
- **The Vanishing Act of Esme Lennox** - Maggie O' Farrell (societal treatment of women's 'hysteria' through mental institutions)
- **The Curious Incident of the Dog in the Night-Time** - Mark Haddon (main character Christopher Boone is autistic)
- **Get a Life, Chloe Brown** - Talia Hibbert (main character Chloe is disabled by an accident)
- **The Silence Between Us** - Alison Gervais (character Maya Harris is deaf)
- **Sick Kids in Love** - Hannah Moskowitz (characters Isabel and Sasha have Rheumatoid arthritis and Gaucher disease respectively)
- **Six of Crows** - Leigh Bardugo (6 outcasts have various disabilities integrated into the plot with nuanced representation)

A piece
by Kate Clark



KAIROS CREATIVE CORNER

Wellbeing Creative Cafe

2022 has brought a new location for the Kairos Café. We are back in Johnstone and meeting twice a week on Tuesday and Thursday afternoon at Slimming World.

The collective autumnal project has been completed and is ready to hang in our new premises.



"It's the highlight of the week!"

LYNDA & ANNE MAKING THE POM- POM TREE

Liz and Nikki are there to welcome everyone. Lynda brings along her bags full of arts and crafts and encourages ideas.

Yvonne describes the Creative Cafe as 'a warm hug on a Thursday' and Jan says it is "a nice safe place to be."

Anne-Marie says, "Because of Kairos I laugh a little harder, cry a little less and smile a lot more."

KAIROS CAFE

Ruth is the creative volunteer at Tuesday's Creative Café, she has been planning the activities and spends her weekends preparing packs and materials for sessions on watercolour pictures and weaving.

RUTH WITH HER BOX OF 'TRICKS'.



"I'm really enjoying it"

"I've finished weaving and I'll going back to knitting"

MARGARET WITH HER WEAVING



JADE & MARISSA AT KAIROS CAFE

Jade and Marissa, both working their student placements at Kairos enjoy their visits to Creative and Kairos Café. Jade is always learning new skills.



"Crafts are relaxing, therapeutic and it's nice talking to everyone"



BOBBY & MARGARET

Kairos Cafe will continue to be held at Slimming World on Tuesdays 12:30-2:30pm:

5 Houston Square,
Johnstone PA5 8DT

The Creative Cafe will be moving to our new premises on Thursdays 12:30-2:30pm:

Kairos Women+
Unit 56/Embroidery Mill,
Paisley PA1 1TJ



CATH & ANNE

Get in touch with us at info@kairoswomen.org if you would like to join in the fun.

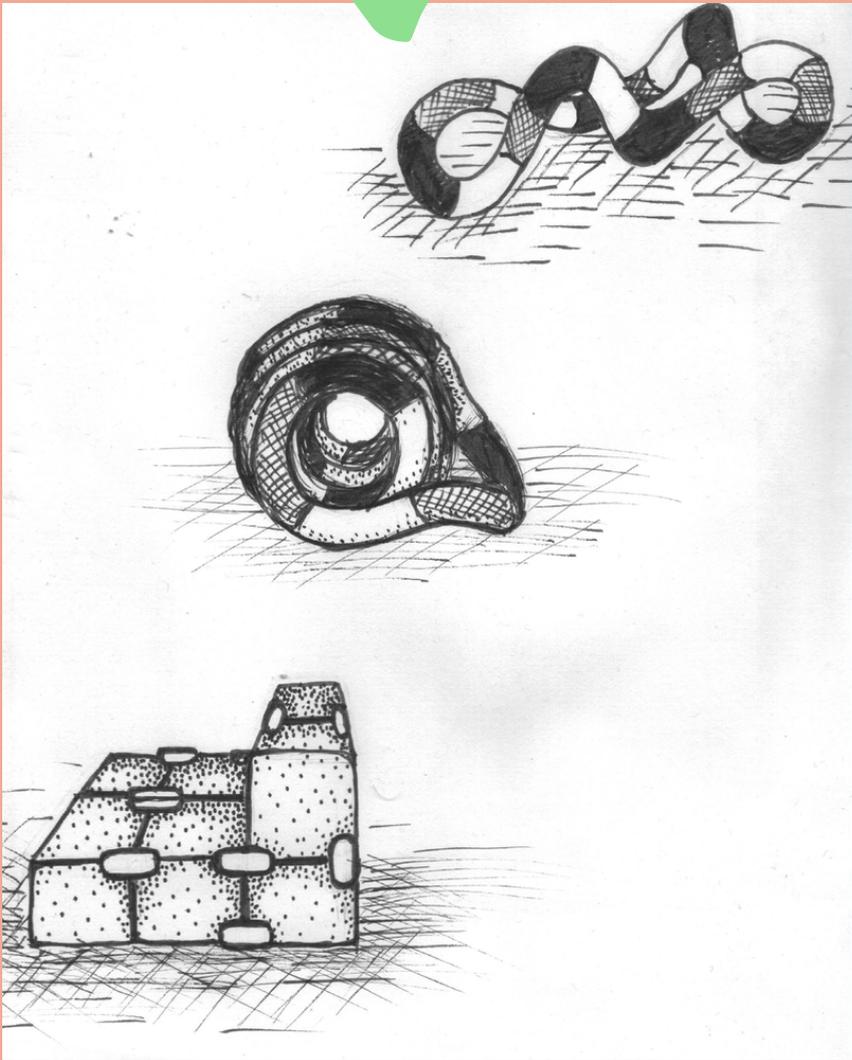
"Creative café brings us much joy and togetherness."

Lynda:

Used these plastic patterns for stone painting with metallic pens

LYNDA'S STONE PAINTING





Drawings by Frankie Turner

Fidget toys can keep your hands occupied if you're stressed out about something. It is useful for self-soothing, self-regulation and can help with concentration and regulating emotions. And they are funky colours!

DISABILITY WORDSEARCH

A R I X C H D K Q L
B E A W S A K Y E A
L G L M S U Z D T E
E A Y B P W O K L Y
I U H Z I M W L Z C
S G Y O K S I M A K
M N F W L A I P N C
T A Z X R A T V O T
L L U B G I U O N E
S I G N O L M U N I
S Z P N H K G Y B M
Y T S P C C U P V U

Ableism

Braille

Captions

Invisible

Language

Model

Ramp

Sign



DEFINITIONS

Discrimination against disabled people is known as **Ableism**. This is when disabled people are viewed as inferior to non-disabled people, or when non-disabled people are favoured. It's not always done intentionally, many people don't mean harm when they are ableist! But it can still hurt an awful lot. It's good to apologise if you learn that you have said something ableist - we've all done it at some point and learned from the experience!

40 years ago, a union in London (UPIAS) developed the "social **Model** of disability". This is the view that people with health impairments are excluded from society, that they are dis-abled from being part of the wider community because it is not accessible! Some people think that disabled folks need to put in extra effort to be included, but I (Jules) think that public services and businesses need to do more to include us disabled people.



WAYS TO MAKE THINGS MORE ACCESSIBLE:

Provide translations of written text in **Braille**, in extra-large print and in easy-read **Language**.

Provide **Captions** (or subtitles) on all videos, and **Sign** language interpretation.

Install a **Ramp** on all steps and staircases, or an elevator where necessary. Remember, some impairments are **Invisible**

Never judge someone because they "don't look disabled".



They are thinking I don't qualify for this parking space because I don't have a wheelchair

Wordsearch and definitions by
Jules O'Brien

SUBMIT YOUR WORK

Do you have ideas or submissions for our next
issue?

Get in touch!

FIND US ONLINE:

Visit: www.kairoswomen.org/

Email: info@kairoswomen.org



CALL US:

0141 3785078



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Kairos Women+





A Kairos Project 2022

