

Together for Change: Disabled Women Take Action

The Disabled Women Take Action project aims to build a community of committed disabled women or women with long-term health conditions to work with others to influence practical and policy changes across Bristol.

Bristol Women's Voice, working in partnership with WECIL, are recruiting women to become Women's Action Group (WAG) Participants for this project. Meeting regularly, in person and on-line, the Women's Action Group will identify campaigns and objectives before working together to achieve common goals. Activities may include campaign advertising, using art to raise awareness of issues, attracting media attention, mass meetings and using media channels to raise awareness (e.g. social media). The Women's Action Group will collectively decide on any campaigns and which approaches to take.

Role: Women's Action Group (WAG) Participant

Role purpose: to work with others to influence practical and policy changes across Bristol.

Supported by: Together for Change: Disabled Women Take Action Community Organiser

Commitment:

- Attend a regular 2-hour monthly meeting, in person or on-line. The time and days of these meetings may vary.
- There will be opportunities to participate in smaller focus groups and activities where required and to engage in ongoing communication, over online platforms and email, as well as telephone calls between meetings, depending on how much time you have and how much you want to be involved.

Personal qualities and experience:

This project will recognise the wide range of skills and experience people have to offer, welcoming women of all abilities, disabilities and backgrounds.

For this Project, we are looking for people with the following attributes:

Passion for change and time to engage – as a participant it's important that you are able to commit to meeting with others on a monthly basis, either in person or online, as well as ongoing communication between the meetings.

- **Communication** – everyone in the action group will have different written and verbal communication skills. Access the support you need whilst also offering to help others that might face different challenges.

- **Compassion** – as a member of the action group, you will be working with others in different situations, experiences and conditions, so it is important that you are able to consider other people’s perspective and situations.

- **Leadership** – everyone will have the opportunity to lead activities and to develop skills. You will need to be able to encourage others to work together, and to remind people of the mission and the important roles you all have.

- **Positive attitude** – action group participants will seek common values. This is a great opportunity to motivate and support others. Some times will be more challenging than others, and it’s important to stay committed to the cause and your community.

- **Reliable** – as an action group member others will be relying on you, so it is important that you are able to complete tasks and meet time commitments.

- **Teamwork** – you will often be required to work with others, so it’s important that you can cooperate and work towards common goals. Make an effort to get to know fellow participants to recognise what you have in common.

Opportunities for Women’s Action Group Participants:

There are many benefits of getting involved in the Disabled Women Take Action project – both for you and for the women of Bristol. You will also be able to work towards personal goals, including:

- **Gaining confidence** by trying something new and recognising what you’ve achieved
- **Making a valuable difference** for both yourself and others with disabilities or long-term health conditions
- **Becoming part of a community**, through meeting people, making friends and being part of a peer support network
- **Learning new skills**, taking the opportunity to learn new skills and gain experience
- **Volunteering and skill development** there will be opportunities to access volunteering and to attend training and workshops as part of this project.

It is important to Bristol Women's Voice and WECIL that your personal circumstances don't prevent you from being a Women's Action Group participant, you are entitled and encouraged to claim out-of-pocket expenses incurred as a result of your involvement. But please discuss your needs with us first, as there may be alternative options available.

How to get involved:

If you are interested in discovering more about Disabled Women Take Action and becoming part of the Women's Action Group, please contact Helen at dwta@bristolwomensvoice.org.uk