

Easy Read



Know Your Rights

Where to get more help



This leaflet was written by **Disability Wales**. It is an easy read version of “**Know your rights Use your rights Live your rights.**”

March 2022

How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 18**.



Where the document says **we**, this means **Disability Wales**. For more information contact:

Website: www.disabilitywales.org

Email: info@disabilitywales.org

Phone: 02920 887 325



This document was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

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Introduction



This booklet has been written by **Disability Wales**.



This booklet is for disabled people and disabled people's organisations.



This booklet goes with the 8 other **Know Your Rights** booklets.



This booklet tells you where to find more information about your **rights**. And where to get help.



Rights are the things you are allowed to do. For example, you have the right to get married and the **right** to vote.

Rights tell us how we should be treated. For example, you have the **right** to be treated with respect.

Other people have **rights** too. For example, you must treat other people with respect.



This booklet was correct in January 2021. But information might change in the future.

More information

Equality Advisory Support Service



Address: FREEPOST Equality
Advisory Support Service,
FPN4431

Telephone: 0808 800 0082

Textphone: 0808 800 0084

Website: www.equalityadvisoryservice.com

Equality and Human Rights Commission



Address: Block 1, Spur D,
Government Buildings
St Agnes Rd,
Gabalfa,
Cardiff, CF14 4YJ

Telephone: 02920 447710

Email: wales@equalityhumanrights.com

Website: www.equalityhumanrights.com/en/commission-wales

Advicelink Cymru – Citizens Advice



This website has information about disability **discrimination** in Wales.

Discrimination is when you are treated badly or unfairly because of your sex, race, religion, disability or sexual identity.

Telephone: 08444 77 20 20

Relay UK Service: If you can't hear or speak on the phone, type what you want to say to: 18001 then 0880 144 8884

Website: www.citizensadvice.org.uk/about-us/our-work/advice-partnerships/advicelink-cymru

Speakeasy Law Centre



Speakeasy offers free legal advice. It is for people in Cardiff and the Vale of Glamorgan.

Address: 166 Richmond Road, Cardiff
CF24 3BX

Telephone: 029 2045 3111

Email: info@speakeasy.cymru

Website: www.speakeasy.cymru/eng122



The FDF – Centre for Independent Living

Services to help you do things on your own.

Address: Town Hall,
Earl Road,
Mold,
Flintshire, CH7 1AB

Telephone: 01352 756 618

Email: admin@thefdf.org.uk

Website: www.thefdf.org.uk

Disability Advice Project



This project is in South-East Wales. They give information, advice, and support on all disability issues. And they can help you with legal issues.

Address: 9a Avondale Industrial Estate,
Avondale Way,
Cwmbran, NP44 1UG

Telephone: 01633 485865

Email: info@dapwales.org.uk

Website: www.dapwales.org.uk



Diverse Cymru

Can help with training and advice about:

- benefits
- **equality**
- social care
- mental health
- money
- living on your own
- people who can help you
- **accessibility**



Equality means treating people fairly.

Accessibility means how easy things are to get to or to use.

The advice service is in South Wales. It is open from 9 a.m. to 5 p.m. Monday to Friday. If they are very busy, you might have to go on a waiting list.



Address: 3rd Floor, Alexandra House,
307-315 Cowbridge Road East,
Cardiff, CF5 1JD

Telephone: 02920 368 888 or 01267 245 579

Email: info@diverse.cymru

Website: www.diverse.cymru.org.uk

Disabled/Deaf People's Organisations Legal Network



This network is made up of Disabled/Deaf People's Organisations and lawyers.



They look at how the law can improve the lives of Deaf and Disabled People.



They make the law easier to understand.



Website: www.inclusionlondon.org.uk

Disability Law Service

Fighting injustice
for disabled people

Disability Law Service

This is a charity. It is run by and for disabled people.

Address: 39-45 Cavell Street
London, E1 2BP

Telephone: 020 7791 9800

Minicom: 020 7791 9801

Email: advice@dls.org.uk

Website: www.dls.org.uk



The website has guides about disabled people's rights and the Equality Act:

dls.org.uk/factsheets/



Their website has a list of other places to get more information:

dls.org.uk/free-advice_trashed/other-sources-of-advice

Disability Rights UK

They write guides about disability **rights**.

They also have a book called **Disability Rights Handbook**. You can buy it on their website.

Address: 14 Easy Bay Lane,
Here East,
Queen Elizabeth Olympic Park,
Stratford,
London, E20 3BS

Telephone: 020 7250 3222

Email: enquiries@disabilityrightsuk.org

Website: www.disabilityrightsuk.org

You can find all UK laws here:

You can get printed copies from:

Address: The Stationery Office Limited
PO Box 29,
Norwich NR3 1GN

Telephone: 0333 202 5070

Fax: 0333 202 5080

Email: book.orders@tso.co.uk

Website: www.legislation.gov.uk





The British Institute of Human Rights

This is a **human rights** charity. They fight for **equality** and fairness.

Human rights are rights that every person has. For example, the right to be alive and the right to get an education.

Website: www.bihr.org.uk

They have guides for people with learning disabilities. And people with mental health issues:

Guides: www.bihr.org.uk/resources-for-individuals

RNIB

R N I B

They can help you to understand the **Equality Act** and how it affects disabled people.

Equality Act Information:

www.rnib.org.uk/search/site/equality%20act

Address: RNIB Headquarters,
105 Judd Street
London, WC1H 9NE

Telephone: 0303 123 9999

Email: helpline@rnib.org.uk

Website: www.rnib.org.uk/wales-cymru-1

Benefits and work

This website gives information about disability benefits. And benefits you can get if you can't work because of illness.

Website: www.benefitsandwork.co.uk

Human Rights Act 1998

If you think your human **rights** have been affected, this law will help.

For more information go to:

www.citizensadvice.org.uk/law-and-courts/civil-rights/human-rights/the-human-rights-act-1998



Mental Capacity Act 2005

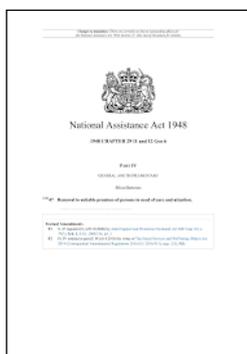
This law is about what people can do for themselves. It can be used to fight for disabled people's **rights**. It can be used with equality legislation too.

For more information, go to:

www.alzheimers.org.uk



National Assistance Act 1948

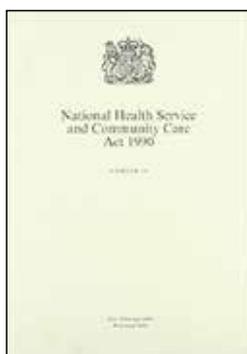


This law can be used to fight for disabled people's **rights**. It can be used with equality laws too.

For more information, go to:

www.navigator.health.org.uk/theme/national-assistance-act-1948

NHS and Community Care Act 1990



This law can be used to fight for disabled people's **rights**. It can be used with **equality** legislation too.

For more information, go to:

navigator.health.org.uk/theme/national-health-service-and-community-care-act-1990

The Data Protection Act 2018



This law is about how organisations collect, use, and keep your personal information.

Website: www.gov.uk/data-protection



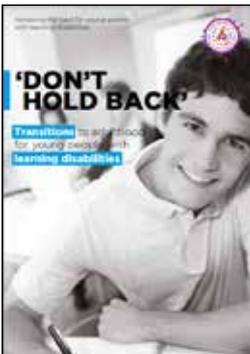
Cerebra templates for writing letters

This charity helps children with brain conditions.

Their website has templates for writing letters. Templates help you to know what to write in a letter.

Website: cerebra.org.uk/get-advice-support/legal-and-financial/template-letters/

Don't Hold Back guide



This guide was written by the **Children's Commissioner for Wales**.

It helps children with a learning difficulty who will soon be adults. It offers advice and support on services available.

Website: www.childcomwales.org.uk/wp-content/uploads/2019/10/Dont-Hold-Back.pdf



Cardiff Clinic – Support Through Court

This is a charity that helps people who are going to court alone.

The charity gives support and explains how the court works.

Address: Cardiff Civil and Family
Justice Centre,
2 Park Street, Cardiff,
South Wales, CF10 1ET

Opening hours are 9:30am – 4:30pm Monday to Friday.

Telephone: 02920 34 36 85

National helpline: 03000 810 006

Email: cardiff@supportthroughcourt.org

Website: www.supportthroughcourt.org/

Hard words

Accessibility

Accessibility means how easy things are to get to or to use.

Discrimination

Discrimination is when you are treated badly or unfairly because of your sex, race, religion, disability or sexual identity.

Equality

Equality means treating people fairly.

Human rights

Human rights are rights that every person has. For example, the right to be alive and the right to get an education.

Rights

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