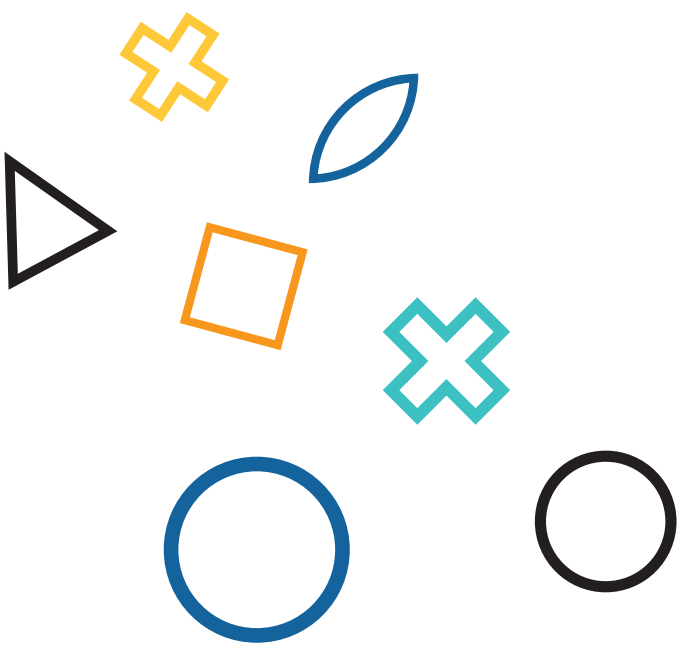
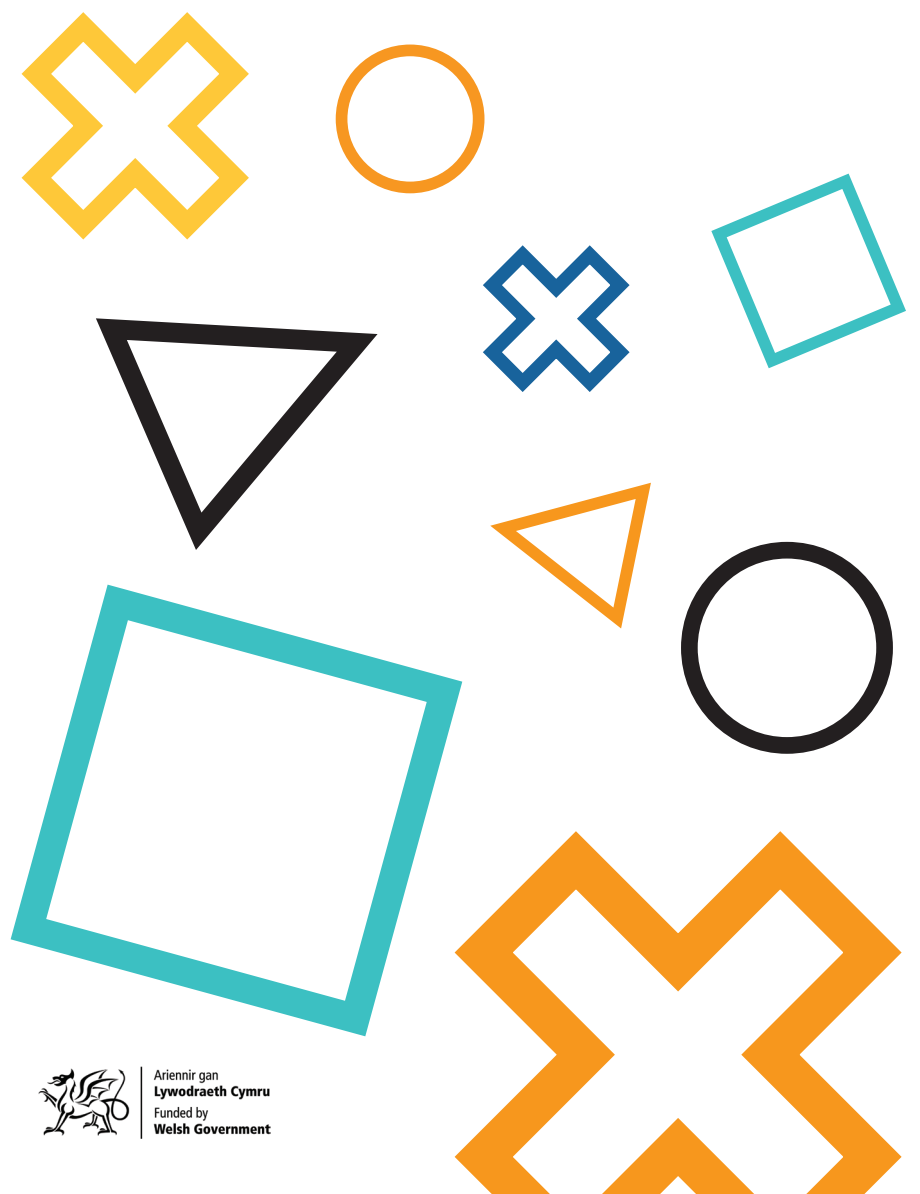




Access to Politics:

Toolkit for Navigating Politics





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Who are Disability Wales

Disability Wales is the national membership body of Disabled People's Organisations (DPOs) in Wales, striving for the rights of all disabled people. Our vision is for an inclusive, equitable and barrier free society.

Disclaimer:

Please note that the Access to Politics Toolkit is not legal advice. If you need advice, please see the contacts section for sources of information and advice. As a policy and influencing organisation, Disability Wales is unable to provide legal advice to individuals. The information in this Toolkit is correct and the links provided are active at the time of completion in July 2026. The law may change after it is released, so the information in it may become incorrect or out of date.

Disability Wales/Anabledd Cymru

Sbarc/Spark

Maindy Rd

Cardiff

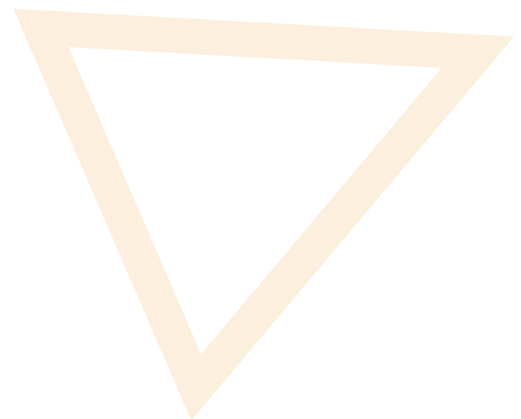
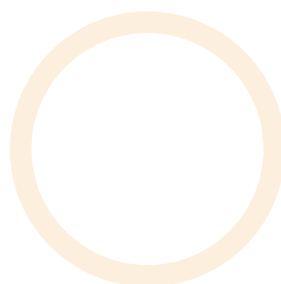
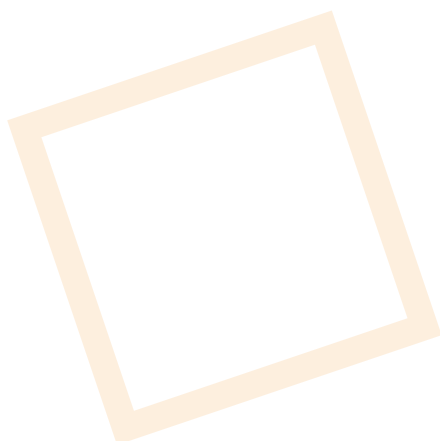
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Introduction

This Toolkit was co-produced with members of the Access to Politics Grassroots Network and informed by their lived experience of political participation.

The Access to Politics Grassroots project aims to promote greater political participation amongst disabled people, raising awareness about opportunities for political involvement. As well as championing disability equality and inclusion in political representation at all levels of government.

The project has formed a grassroots network for disabled people interested and/or involved in politics; and with members, co-produced the Access to Politics Toolkit. It sets out practical steps for candidates, members and independents to follow, giving them the information needed to participate as fully and effectively as possible.

Disabled people represent at least one fifth of the Welsh population, however this is not reflected among elected members across Wales. The absence of disabled people in decision making roles, means that policies and services are not informed by lived experience.

This Toolkit would not have been possible without funding from the Welsh Government.

Who is this Toolkit for:

This Toolkit is for anyone with an impairment or health condition, whether they identify as disabled or not, and whether it is visible or not. Everything in this Toolkit is relevant to you and should be used as a tool to make your political life easier. You define your own identity; you do not need validation from others. More advice is available from the Ready to Vote project run by Learning Disability Wales.

The Welsh Government has adopted the Social Model of Disability which means this Toolkit will be using the Social Model of Disability definition – you are disabled by barriers in society not your impairment or health condition.

Myth Busting

Politics:

Politics is a set of activities and processes associated with governing a country or society. It provides a system for: making collective decisions, negotiating differences, managing conflict, and distributing resources and power.

You do not need to stand for political office to make a difference politically.

Politics can be as simple as joining your local Disabled People's Organisation and supporting their work; signing a petition: or participating in a consultation event.

Impairments:

The Social Model of Disability is used in Wales to define disability. You are disabled by barriers in society not your impairment or health condition.

The drawback to the Social Model of Disability is that it is not legally recognised. You can use the Equality Act as a way of securing your rights to reasonable adjustments.

Non-visible impairments are as relevant as visible impairments. If you require reasonable adjustments don't be afraid to request it, it is your right.

You only need to share what you are comfortable with. It is not an obligation.

Benefits:

Personal Independence Payment (PIP) is not means tested and not an out of work benefit.

Universal Credit (UC) is means tested and both an in and out of work benefit.

Always seek advice if you are not sure if something will affect your benefits.

Legal Frameworks

It is important to note that whilst the Social Model of Disability is the focus of the Toolkit, it is an ideological framework of disability and does not have any legal standing. For any legal requirements e.g. challenging discrimination, requesting reasonable adjustments, the Equality Act 2010 gives you the basis to do so.

The Toolkit gives you the starting point for your journey; however, you will need to do your own research regarding how the law applies to you and your situation.

1. Different Frameworks of Disability

A. Equality Act

- Provides legal protection
- Enables:
 - Reasonable adjustment
 - Challenging discrimination

Key clarification:

- Reasonable adjustments must be considered, however, are not automatically granted (see below)

Responsibility Issue:

- Equality Act places the burden on individuals to challenge discrimination. The current system often requires individuals to advocate for themselves. The contacts section will signpost you to sources of support
- There are a few reasons disability discrimination cases fail, for example, that a person fails to meet the legal definition of disability - The condition must have a “substantial” and “long-term” (defined as over 12 months) negative effect on your ability to carry out normal day-to-day activities

B. Social Model of Disability

- Ideological only, does not have any legal standing
- Focuses on removing barriers, not “fixing” individuals

Critical distinction:

- Social Model of Disability is a philosophy co-produced by disabled individuals in the 1970s

The Social Model of Disability has been adopted by the Welsh Government to underpin its approach to policy development.

C. UN Convention on the Rights of Disabled People (UNCRDP)

- Article 29 of the convention – Right to participation in political and public life.
- Shows international backing
- Reinforces legitimacy of inclusion in politics

The UK Government ratified the Treaty in 2009 but has not yet incorporated UNCRDP into law, the Welsh Government are considering options for incorporation in the future. This means, for now, your rights are not directly protected by the UNCRDP.



2. Reasonable Adjustments

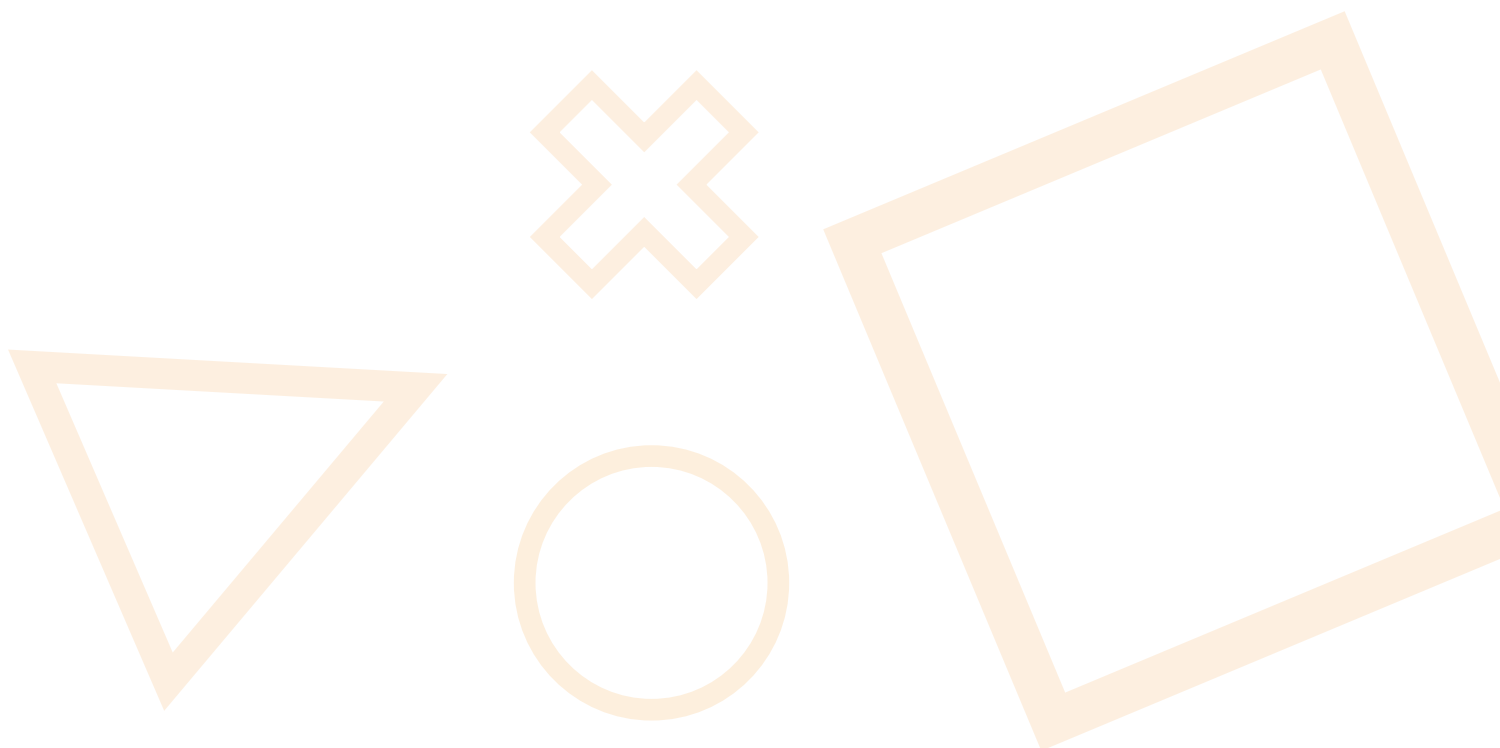
Whilst the Toolkit maintains throughout that reasonable adjustments are your right to request, please note the following:

- For organisations to comply, they must:
 - Carefully consider requests
 - Provide justification if refused
- They do not have to automatically agree.

Reasonable adjustments are subjective, what seems reasonable to one person may not to another. If you are denied your reasonable adjustment, the Equality Act can help pursue this, however; please note there are strict timetables in place for this, you will need to undertake this responsibility yourself. The contacts section will have different places you can go to, to seek advice.

3. Politics-Specific Gap

- Political parties themselves are not public bodies
- Political parties are subject to the Equality Act
- Councils are public bodies so the Public Sector Equality Duty will apply



Deciding Whether to Get Involved in Politics

Stage 1

Entering politics as a disabled person can feel exciting, daunting, empowering, or overwhelming sometimes all at once. Stage 1 exists to help you explore whether political involvement is right for you, what role might suit your strengths, and how your lived experience and identity can be an enormous asset rather than a barrier.

This stage is not about making commitments. It is about clarity, confidence, and informed choice.

Stage 1 Summary

- Understanding the political landscape
 - Recognising your value
 - Learning how disability, health and politics intersect
 - Identifying potential barriers and support
 - Building confidence to move forward at your own pace
 - Knowing that your lived experience is not only valid, but needed
-



1. Understanding Political Roles

There are many ways to participate in Welsh politics and public life, each requiring different levels of time, energy, and responsibility. You do not need to aim for high office; aim for the level that you feel comfortable with. Many disabled people begin with smaller, local, or issue based roles and progress at their own pace.

Common roles include:

Community or Town Councillor

- Most are independent candidates so please see section on standing as an independent candidate
- Often the first step into formal politics.
- Volunteer your time (may not affect means tested benefits please seek advice)
- As an elected role, it brings responsibilities and expectations to represent a small local area and working on community priorities
- Meetings are usually monthly and can often be made hybrid or accessible with reasonable adjustments

County Councillor

- Responsible for shaping local authority policies, budgets, and services
- More time commitment than town/community councils however, some roles can be job shared
- Often requires campaigning and standing for election under a political party or as an independent
- Responding to issues raised by residents in Ward

Senedd Member (MS) or Member of Parliament (MP)

- Higher level political roles involving significant responsibility for drafting, scrutinising and passing Welsh laws
- Requires full time working capability, reasonable adjustments must be provided
- Lived experience is needed in legislatures

Non elected Roles

- Party volunteer
- Campaign organiser
- Branch officer or disability officer
- Local activism or advocacy roles

These roles can offer valuable experience and visibility without the pressure of an elected position.

2. Recognising Your Skills and Experience

Disabled people bring powerful and unique strengths into political life, including:

- Insight into how policies affect people in real life
- Creative problem solving (from years of navigating inaccessible systems)
- Empathy and understanding of inequality
- Experience advocating for yourself and others
- Resilience and determination
- Knowledge across communities and services

It's normal to question whether you're "good or experienced enough". Almost everyone feels that way and disabled people can experience additional doubt due to societal attitudes.

Common worries people express:

- "I don't know enough about politics yet"
- "I'm not confident speaking in meetings"
- "I worry people will think I can't do it or contribute effectively because of my impairment or health condition"
- "I don't have the energy some other candidates seem to have"
- "I don't know where to start"

These thoughts do not mean that politics isn't for you they are signs that political systems have not included disabled people well enough. This Toolkit is designed to make the journey transparent and accessible. So, you do not have to navigate politics alone or without support.

3. Understanding the Barriers (and Why They're Not Your Fault)

Political systems in Wales and across the UK were not designed with disabled people in mind. Following campaigning from Disabled People's Organisations and other allies, some progress has been made to make them more inclusive. Many people describe:

- Ableism and disablism
- Resistance to change within political parties
- Inconsistent disability support depending on area
- Difficulty accessing information or knowing who to contact
- Not feeling welcome or represented
- Fatigue, pain, mental health challenges
- Fear of benefits reassessment if seen to be "doing too much"
- Worry about navigating unfamiliar processes
- Lack of confidence due to past negative experiences

These barriers are real, valid, and widely shared. They are not personal failings; they are systemic issues.

4. Deciding What Level of Involvement is best for you

You can gradually increase (or decrease) your involvement depending on:

- Your energy and health
- Your access needs
- Your comfort level
- Your experience
- Your personal commitments

Different starting points might include:

- Observing different types of formal and informal meetings
- Expressing your views to consultations
- Getting involved in online activism or policy discussions
- Having one to one conversations with disabled members
- Volunteering on a campaign
- Applying for a lower pressure role on a community council
- Asking to shadow someone in political office

There is no one size fits all or perfect time to start your political journey.



5. Pacing Yourself and Considering Your Wellbeing

It's important to check in with yourself before starting a political journey.

Questions to ask yourself:

- What motivates me to get involved?
- What barriers worry me the most?
- What support would I need from the start?
- What pace feels realistic for me?
- Who could I talk to if things become overwhelming?

This Toolkit will help you answer these questions more clearly as you progress.

6. Understanding Benefits and Financial Concerns

Many disabled people fear that political involvement may impact their benefits. This fear is common and understandable. This section has places to seek advice.

Key reassurance points:

- PIP is not affected by working or volunteering it is based on your access and support needs
 - Community Councillor roles may not affect benefits, as they are voluntary, but seek advice
 - For paid elected roles, specialist welfare rights advice is available
 - You should not feel ashamed or guilty for receiving support, your lived experience is valuable in politics because you understand the realities disabled people face
-

7. Connecting With Others Before You Start

Isolation is a major barrier. A lot of people find it easier to decide whether to get involved when they talk to:

- Other disabled politicians
- Disabled party members
- Activists with similar experiences
- Supportive allies

This Toolkit will signpost ways to connect with networks and organisations to seek additional advice.

8. Your First Steps

- Writing down your motivations
- Thinking about what kind of political change you care about
- Reading this Toolkit at your own pace
- Talking to one trusted person about your interest
- Exploring political roles online
- Attending a meeting just to observe

You do not need to “be sure” before taking Step 1; most people aren’t.

When you’re ready, Stage 2 will help you choose and join a political party (or explore alternatives).

Joining a Political Party

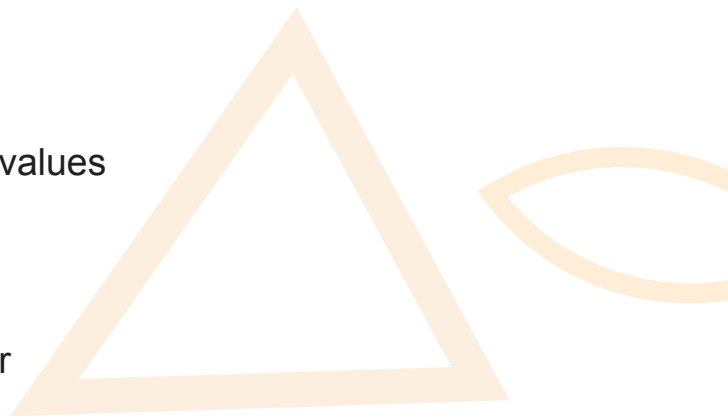
Stage 2

For many disabled people, joining a political party is the first formal step into the world of politics. This stage will guide you through choosing a party, understanding what joining involves, how to declare your access needs, what to expect in your early months, and how to overcome common barriers.

This stage acknowledges that political parties often vary hugely in their accessibility, culture, and internal systems and that disabled people frequently navigate unclear or inconsistent processes. The aim is to help you do this with clarity and confidence.

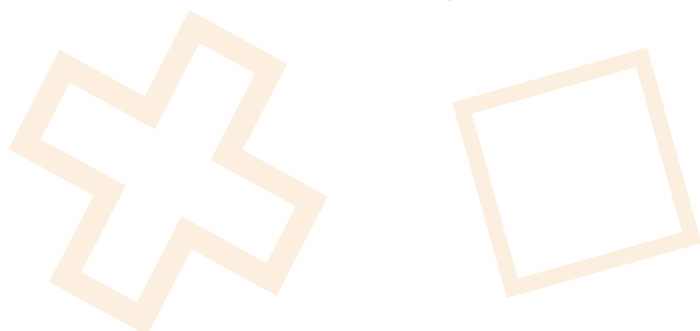
Stage 2 Summary

- Choose a political party that aligns with your values
- Assess accessibility before joining
- Declare your access needs confidently
- Understand what to expect as a new member
- Navigate unwritten rules with support
- Recognise that disability inclusion is a right
- Take early steps at your own pace



1. How to Choose a Political Party

Choosing a party isn't about knowing everything about politics. It's about finding a political home where you feel your voice matters and where you can participate safely and meaningfully.



A. Start with Values, Not Perfection

Consider:

- Which values and policies matter most to you?
- Do any parties already align with your lived experience or social priorities?
- Which party cultures feel welcoming, have a published Diversity and Inclusion Strategy and are there any which raise concerns on these issues?

No party will be perfect. Avoid pressure to pick the “right” one immediately, a political journey evolves over time.

B. Look at Local Branch Culture

Parties vary considerably depending on your local area. Ask:

- Do they have disability officers or equality roles?
- Are there known disabled members in the branch?
- Have they ever held accessible or hybrid meetings?
- Are they open to learning and improving?

If no local branch feels accessible right away, you can still join the Party nationally and explore quietly at your own pace.

C. Accessibility Check

Before joining, consider investigating:

- Meeting formats (in person, online, hybrid)
- Venue accessibility (steps, toilets, acoustics, lighting)
- Transport options
- Whether they have:
 - a safeguarding lead
 - an equalities officer
 - a named person for disability issues
- How they respond when you ask about adjustments

A party's response to accessibility questions often tells you more than its manifesto.

2. The Joining Process: What to Expect

Joining a party typically involves:

- Completing an online or paper application form
- Paying membership fees (sometimes reduced rates exist)
- Waiting for confirmation
- Being assigned to a local branch
- Receiving general information often not disabled person-specific

Where disabled people commonly get stuck:

- Forms that are inaccessible
- No clarity on who gets your information
- No option to declare access needs
- No guidance on what happens next
- No welcome contact from a named person

The Toolkit will help fill these gaps, even if your party does not.

3. Declaring Your Access Needs

This is one of the biggest missing pieces across political parties.

Most do not ask about access needs when you join but should. Because of this, disabled people often enter parties invisibly and unsupported.

A. Why declaring access needs matters

- It helps you get the support you need
- It reduces overwhelm
- It helps officers plan accessible meetings
- It signals to others that disabled people are already in the room
- It encourages more structural change within the party

You are not asking for special treatment, you are exercising your right to inclusion.

B. What you may want to declare

- Communication preferences
- Adjustments for meetings (hybrid access, captions, accessible seating, accessible toilets)
- Comfort breaks and pacing needs
- Access to documents in alternative formats
- Need for advance notice of events
- Avoidance of phone calls
- Sensory needs (quiet spaces, lighting, sound)
- Support required to complete forms or internal procedures

C. Template: Access Needs Statement

- The Toolkit includes a simple template for you to customise in the reasonable adjustment section.

D. Who to send it to

- Local membership officer
- Equality/disability officer
- Branch secretary
- Named local organiser
- A trusted ally already in the branch

Avoid generic email addresses where possible; ask for a named contact.

4. What to Expect as a New Member

After joining, many people feel lost or unsure what to do next. You can expect (or request):

A. A Welcome Email

Sometimes this is automated. If it's generic and you want to feel more supported, you can email back introducing yourself and asking for a contact person.

B. Invitations to Meetings

These may include:

- Branch meetings
- Constituency meetings
- Social events
- Policy forums
- Campaigning activities

However, no one should pressure you to attend anything you aren't ready for.

C. Feeling Out of Place at First

This is extremely common. Political meetings can feel:

- Jargon-heavy
- Fast-paced
- Full of unwritten rules
- Dominated by long-standing members
- Not initially accessible

This is not a sign that you don't belong. It is a sign that most political spaces lack inclusive design, and you can help shape them.

D. Early Steps You Can Take

- Attend one meeting simply to observe
 - Ask for papers in advance
 - Request a hybrid link
 - Connect with a disabled ally or mentor
 - Join online spaces (WhatsApp, Facebook groups)
 - Email officers explaining you are new and exploring how you can get involved
-

5. Understanding “Unwritten Rules”

Every party has informal codes that can be confusing, such as:

- When you are expected to speak
- When you shouldn't interrupt
- How decisions get made
- Who holds informal power
- Which activities count as “being active”
- How people tend to get selected or nominated
- Which meetings matter and which don't

A mentor or peer network can help decode this.

Disabled people often internalise these systems more slowly because:

- They may miss events due to access barriers or fluctuating health
- They may not have informal opportunities (pubs, social events/activities, travel)
- They may be excluded from whisper networks (used for safety or warning)

This stage provides the knowledge to participate without feeling lost.

6. Overcoming Common Barriers at the Joining Stage

Barrier: Inaccessible meetings

Solutions:

- Request hybrid access - Propose Zoom or Teams, not all parties have the ability but always ask
- Ask for captions or transcripts
- Suggest accessibility as a standing agenda item

Barrier: No disability officer locally

Solutions:

- Ask who handles inclusion
- Request one be appointed
- Offer to work with the party to create one
- Use national party equality structures

Barrier: Officers don't respond

Solutions:

- Ask for alternative contacts
- Copy in another officer
- Attend a meeting and introduce yourself directly
- Ask an ally to support communication

Barrier: Energy or mental health limitations

Solutions:

- Attend once every few months at first
- Start with online events
- Use email rather than attending meetings
- Pace yourself; there are no attendance requirements

Barrier: Fear of not “fitting in”

Solutions:

- Remember most members feel this way
 - Focus on your values and what matters to you
 - Connect with other disabled members
-

7. Your Rights When Joining a Party

Under equality law, political parties have responsibilities to disabled members, including:

- Providing reasonable adjustments
- Avoiding discrimination
- Making meetings and procedures accessible
- Offering equal opportunities in participation
- Using accessible communication formats

Your participation should never depend on:

- Ability to travel at night
- Ability to stand for long periods
- Ability to understand jargon
- Ability to use phones
- Ability to attend every meeting

Accessibility is a right, not a favour.

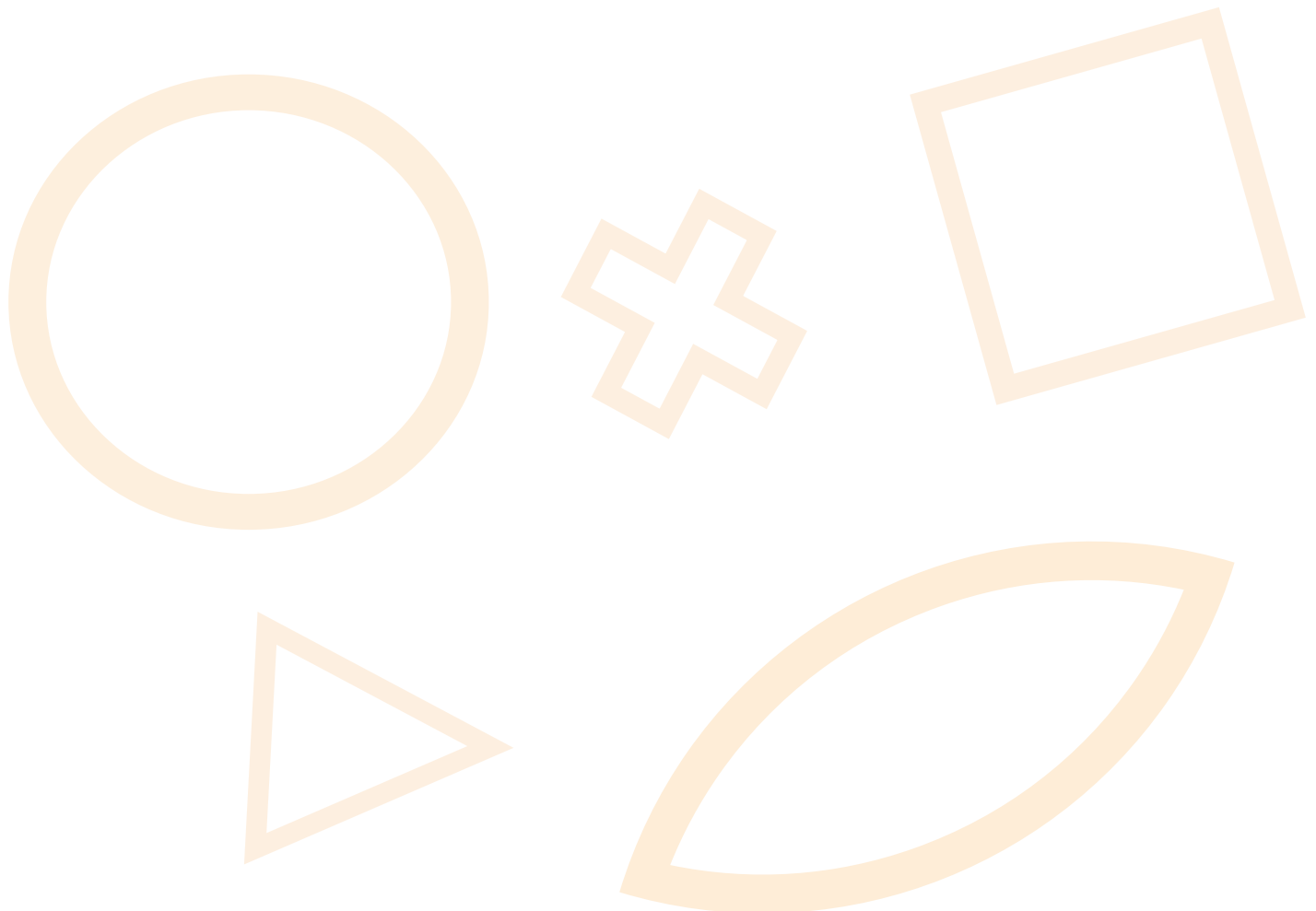
8. First Steps You Can Take Right Now

If you think you might want to join a party, you can start small:

- Browse party websites
- Ask around informally
- Attend an open or public meeting
- Email an equality officer for accessibility information
- Talk to someone already involved
- Read a party's constitution or values
- Write a short list of what you'd need to participate comfortably

You can join when you're ready or not at all. You are in control of your journey.

When you feel comfortable, Stage 3 will guide you through becoming active within your chosen party in an accessible, supported, and sustainable way.



Becoming Active Within Your Political Party

Stage 3

Once you've joined a political party, the next stage is about becoming active in a way that works for you. This doesn't mean throwing yourself into everything or doing what non disabled members do. It means finding your own pace, building connections, and making sure the party knows how to support you.

Becoming active is not a requirement, it is an opportunity. You have full permission to shape this stage around your access needs, energy levels, and interests.

Stage 3 Summary

- Build support networks
 - Understand party culture
 - Attend meetings accessibly
 - Navigate unwritten rules
 - Participate without burnout
 - Become visible in a safe and sustainable way
 - Know where to go when things get difficult
-



1. Building Support and Networks Inside the Party

Disabled people often enter political spaces alone. This stage helps you build support, so you don't have to navigate things in isolation.

A. Finding a Mentor or Ally

- A disabled member
- An equality/disability officer
- Someone who has stood for election
- Any trusted member willing to help you navigate the party

A good mentor should:

- Explain jargon
- Introduce you to key people
- Help you understand unwritten rules
- Give honest advice
- Support you through access barriers

You deserve support if you need it, it is not a favour.

B. Connecting With Other Disabled Members

- Party Disabled People's groups
- WhatsApp or Facebook networks
- Equal Power Equal Voice alumni
- Disabled People's Organisations
- Safe spaces like the one your meeting created

Connecting with people who get it helps reduce:

- Isolation
- Self-doubt
- Stress from navigating systems alone

C. Attend at Your Own Pace

You do not need to:

- Attend every meeting
- Be online constantly
- Volunteer immediately
- Prove yourself

Start slowly even one meeting every few months counts as “being active”.

2. Attending Meetings Accessibly

Political meetings can feel intimidating, inaccessible, or confusing.

This section helps you approach them with confidence and clear expectations.

A. What Usually Happens in a Meeting

Typical agendas include:

- Apologies for absence
- Minutes of last meeting
- Reports from officers
- Actions or policy discussions
- Campaign updates
- Elections of officers (occasionally)
- Any other business

It's normal to:

- Not understand most of it at first and feel overwhelmed by acronyms
- Need help keeping up
- Feel unsure when to speak

You're not alone, many non-disabled members feel the same.

B. Requesting Adjustments

- Hybrid / online access
- Captions or transcripts
- Agenda and papers in advance
- Clear language (not jargon)
- Microphones used properly
- Notetaking support
- Regular comfort breaks
- Quiet spaces
- Sensory considerations (sound, lighting, acoustics)

You can also ask:

- A. To speak first or last
- B. To contribute by email instead of verbally
- C. For items affecting you to be moved earlier on the agenda

C. What If They Say No?

This is a common experience but not the end of the story. You can:

- Explain why the adjustment is needed
- Refer to accessibility responsibilities
- Suggest simple alternatives
- Ask for the decision in writing
- Raise the issue with an equality officer

Your request is valid. Accessibility is not optional.

3. Understanding Party Culture and “Unwritten Rules”

Every party operates differently, but certain cultural features are common.

A. The “Regulars”

Long-standing members often:

- Sit in the same seats and know each other well
- Speak at length using political references and use procedural rules casually

This can make newcomers especially disabled people feel like outsiders. This is a systemic issue, not a reflection of your value.

B. Informal Power Structures

- Decisions being shaped in chats outside meetings
- Socials becoming political networking
- Important conversations happening in inaccessible pubs or late at night

You are not required to participate in anything inaccessible. Alternative routes exist.

C. Learning Party Language

A mentor can help demystify:

- Acronyms (AGM, CLP, EGM, EC, PPC, etc.)
- Standing Orders
- Voting procedures
- Rules for speaking
- How motions work
- Local traditions

D. Dealing With Ableism or Exclusion

If you encounter:

- Dismissiveness or “We’ve always done it this way” attitudes or stereotype
- Gatekeeping
- Lack of awareness or disbelief due to non-visible impairment
- Inaccessible spaces

Remember:

- You are not being difficult you are asking for your rights.
 - Change is slow but possible.
 - You can choose how and when to challenge things.
-

4. How to Participate Without Burning Out

Disabled members often feel pressure to:

- Prove themselves by attending everything
- Show loyalty
- Accept inaccessible systems

You do not need to do this. Your wellbeing matters.

A. Choose Your Activities Strategically

- Attending key meetings only
- Helping with digital campaigning
- Drafting policy ideas from home
- Being a spokesperson for disability issues
- Supporting your party’s Disabled People’s officer
- Joining working groups that interest you

Choose roles that align with your strengths and access needs, not what “everyone else” does.

B. Apply Pacing Principles (As With Any Long-Term Activity)

- Prioritise rest before and after meetings, take breaks when needed
- Limit activities if they impact you and say no without guilt
- Use online options wherever possible
- Rotate responsibilities with others

C. Look After Your Mental Health

Politics can be emotionally draining. Common emotional challenges include:

- Feeling ignored or worrying about being “too much trouble”
- Feeling tokenised or lack of understanding from others
- Feeling overwhelmed
- Imposter syndrome

You are not alone in these feelings.

5. Making Yourself Known (If You Want To Progress in the Party)

This isn't required but if you think you might want to go for selection in the future, visibility matters.

Ways to be known without overworking yourself:

- Contribute thoughtfully to one meeting
- Share your lived experience when relevant
- Attend online events
- Introduce yourself to key officers
- Volunteer for one small task when you can
- Use social media professionally
- Attend socials that are accessible to you
- Share policy ideas via email if public speaking is hard

People remember consistency, kindness and clarity, not volume or perfect attendance.

6. Setting Boundaries and Protecting Yourself

Disabled members often feel pressured to take on too much.

It's okay to set boundaries. Examples:

- “I can attend online, but not in person.”
- “I can work on one task at a time.”
- “I need agendas in advance otherwise I cannot participate.”
- “I won't do evening events due to health reasons.”
- “I am happy to help, but I can't chair meetings.”

Good boundaries prevent burnout and allow you to stay involved long-term.

7. When Things Go Wrong: Where to go to Get Help

- Local equality or disability officer
- Branch secretary
- A friendly councillor or experienced member
- National party equality networks
- National or local Disabled People's Organisations (advice, signposting, or advocacy guidance)
- Peer to Peer networks
- Trusted friends who know political processes

You don't have to deal with barriers alone.

This stage empowers you to participate meaningfully while protecting your health and wellbeing.

When you feel ready, Stage 4 will guide you through the next step: going for selection within your party.

Going for Selection

Stage 4

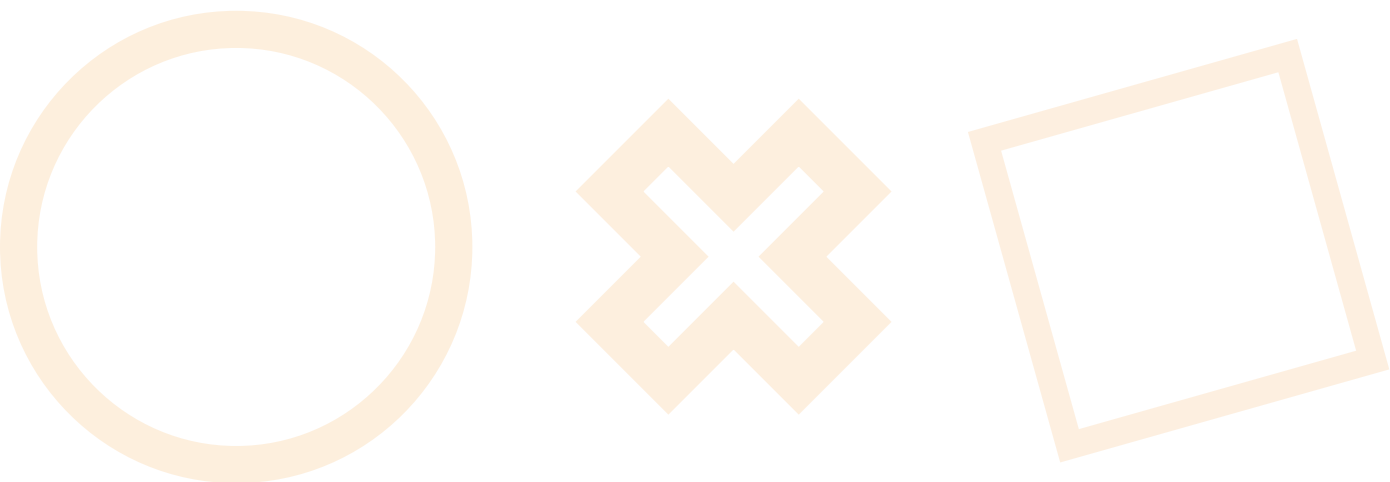
Going for selection is a major step in your political journey. It's where you formally put yourself forward to be considered as a candidate by your political party.

For many disabled people, this is the stage where excitement and fear collide, the system becomes more complex, expectations become less clear, and longstanding ableist structures or prejudice become more visible.

Stage 4 will guide you through what selection involves, how to prepare, how to protect your wellbeing, and how to make your case without burning out.

Stage 4 Summary

- What selection means and why it matters
 - How to prepare yourself
 - How to build visibility safely
 - How to request reasonable adjustments
 - What internal selection processes involve
 - How to manage energy and boundaries
 - How to navigate ableism or rejection
 - What happens if you succeed
-



1. What “Selection” Actually Means

Selection is internal it happens within your political party before any public election.

A. Selection determines:

- Whether your party chooses you as a candidate
- Whether you stand in a specific ward, division, or constituency
- Where you stand on a list or in a target seat
- How far you progress in your political journey

B. The selection process varies by:

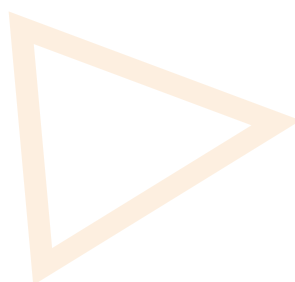
- Political party
- Local branch
- Level of election (community council, local authority vs Senedd)
- Internal rules and constitutions

This means your experience may differ from someone else's and that's normal.

C. For disabled members, selection often requires navigating:

- Unfamiliar paperwork
- Jargon-heavy meetings
- Unclear expectations
- Energy draining activities
- Inconsistent reasonable adjustments

This Toolkit exists to make the process more transparent and manageable.



2. Preparing Yourself for Selection

Before officially putting your name forward, it's important to spend some time preparing both practically and emotionally.

A. Understand Why You Want to Stand

- What change do I want to make?
- What level of responsibility feels realistic for me?
- What kind of campaign could I sustain?
- How would this fit around my impairments/health conditions and life commitments?

Your “why” will guide you through difficult or inaccessible moments.

B. Speak to people who have done it before

- Disabled councillors, MSs or those who have already stood
- Disabled activists
- Party mentors
- Equal Power Equal Voice alumni

This can give you an insight into barriers and strategies.

C. Start building visibility early (without overworking)

Selection isn't a popularity contest, but it is a familiarity process.

People are more likely to vote for candidates they know and trust. Ways to build visibility accessibly:

- Attend key meetings (online if needed)
- Email officers about issues you care about
- Introduce yourself at one or two events
- Share ideas in writing if speaking is difficult
- Use digital platforms like Facebook groups or LinkedIn
- Work on one small local issue and share progress

Small, consistent steps matter more than intensity.

3. Requesting Reasonable Adjustments During Selection

Disabled candidates have the right to reasonable adjustments at every stage. This includes:

A. Requests during internal selection meetings

- Hybrid access
- Extended speaking time
- Clear explanation of rules
- Accessible voting procedures
- Alternatives to hustings-style events
- Advance access to questions
- Permission to submit a written or video statement instead of live speaking

B. Requests during paperwork or nomination procedures

- Assistance completing forms
- Accepting digital or electronic signatures
- Documents in alternative formats
- Deadline flexibility if access barriers delay paperwork

Many disabled candidates have experienced poor access not because parties don't care, but because they lack awareness. Your requests help improve the system for those who follow you.

C. How to ask

You can use a simple template found in the Personal Development section

4. Putting Yourself Forward: The Practical Steps

Although every party differs, there are common steps:

A. Confirm Your Eligibility

- A member for a certain period (e.g. 6–12 months)
- Living in the local area (not always required)
- Up to date with membership fees
- Free from certain disciplinary issues

If you're unsure, ask. Parties often fail to explain eligibility clearly.

B. Fill out the application or nomination forms

Forms may ask for:

- Personal details
- Experience or community involvement
- Why you want to stand
- Skills and values
- Equality or diversity information (optional)

For many disabled people these forms can be exhausting or inaccessible.

You can ask for help, this is not cheating.

C. Prepare a Personal Statement

Your statement doesn't need to be grand. It needs to be honest and clear.

What you can include:

- Your values and Local issues you care about
- Your lived experience
- How you will represent everyone fairly
- What motivates you

You do not need to pretend to be someone you're not.

5. Understanding Selection Events (Hustings, Panels, Votes)

Depending on the party, you may be asked to:

- Attend a hustings
- Answer member questions, give a short speech and participate in a Q&A
- Meet with local officers
- Be ranked or shortlisted

A. Hustings

These can be intimidating, especially for disabled candidates.

You can ask for:

- Hybrid attendance
- Extra speaking time
- Questions in advance
- Written responses instead of verbal answers
- Quiet spaces
- Sensory considerations
- Accessibility support people

B. Members voting processes

- In person
- By paper ballot
- Online
- By postal vote

If any process is inaccessible, you can ask for adjustments.

6. Managing Energy, Boundaries and Wellbeing Throughout Selection

Selection periods often involve:

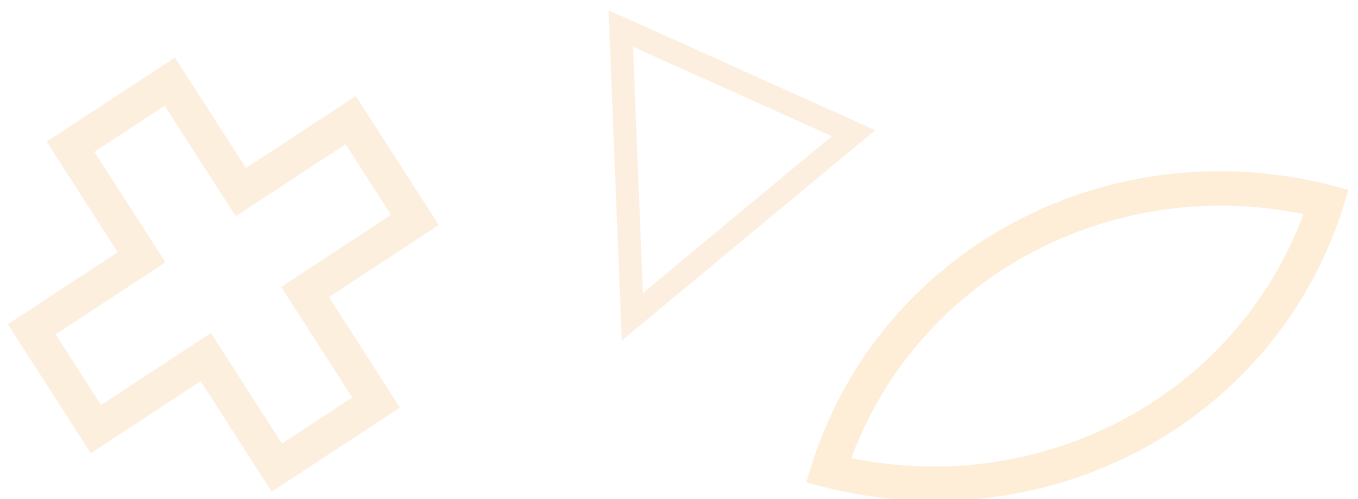
- More meetings
- More paperwork
- More social or political pressure
- More visibility
- More emotional labour

It's essential to set limits for yourself.

Examples of healthy boundaries:

- Attending only the most essential events
- Limiting evening meetings
- Using written communication over live speaking
- Blocking out rest days
- Only doing what aligns with your values
- Saying no without guilt

Burnout is common in politics, especially for disabled people. Pacing yourself is a strength, not a weakness.



7. Navigating Hostility, Ableism or Internal Politics

Sadly, some disabled candidates face:

- Gatekeeping
- Scepticism about their impairment or health condition
- “You won’t cope” comments
- Patronising behaviour
- Microaggressions
- Tokenism
- Exclusion from informal networks

How to protect yourself:

- Document issues
- Seek support from a mentor
- Use equality/disability officers
- Request adjustments formally and in writing
- Remember that your presence is political change

You belong in this process as much as anyone else.



8. If You Are Not Selected

Not being selected does not mean:

- You weren't good enough or your impairments held you back
- You should give up or you won't get selected in future

Internal selection depends on:

- Timing
- Local dynamics
- Internal politics
- Who else is standing
- Factors outside your control

Many excellent politicians were rejected the first time. You can try again with more experience and more support.

9. If You Are Selected

Congratulations you are now your party's candidate! This triggers:

- Eligibility for the Access to Elected Office Fund (Wales)
- The start of your campaign planning
- Contact with election agents
- New responsibilities
- New opportunities for reasonable adjustments

Stage 5 will guide you through becoming a candidate and preparing a fair, accessible and sustainable campaign.

This stage is about empowerment, clarity, and knowing that disabled people belong in political spaces.

Becoming a Candidate

Stage 5

Once you've been selected by your political party, you officially move from internal politics to public-facing politics. This is a major milestone.

Stage 5 guides you through what it means to become a candidate, how to access the support available to you, how to manage the increased workload, and how to create a campaign that works with (not against) your impairment.

Being selected is a huge achievement, but it can also feel exciting and overwhelming. This stage ensures you have the practical tools, clarity and emotional support to move forward safely and sustainably.

Stage 5 Summary

- Understand the responsibilities of candidacy
- Navigate paperwork with support
- Use the Access to Elected Office Fund
- Plan an accessible, sustainable campaign
- Request reasonable adjustments with confidence
- Protect your health, energy, and wellbeing
- Communicate your message authentically
- Stay safe online and offline
- Reflect on your campaign positively

1. What It Means to Be a Candidate

A. You are now your party's representative

Your party has entrusted you to represent them publicly. This does not mean perfection, it means authenticity, commitment, and passion.

B. You will be introduced to your election agent

Every party is different, so the process will vary for each

Your Election agent:

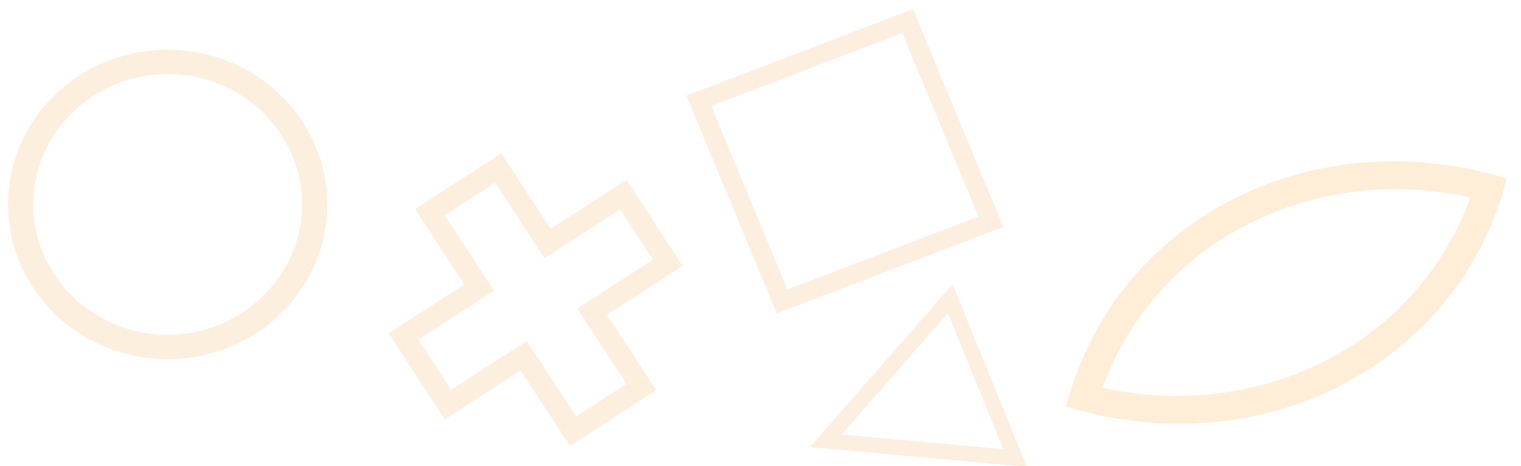
- Helps with legal paperwork
- Manages campaign compliance
- Ensures deadlines are met
- Provides guidance on local election rules

Some agents are paid; others are volunteers. You are allowed to ask questions as this can be complicated.

C. You may now face public attention

- Local press
- Doorstep conversations
- Online engagement
- Community group invitations
- Increased scrutiny

You get to set boundaries about what you will and will not engage with.



2. Understanding the Paperwork (and How to Get Help)

Paperwork is one of the biggest barriers disabled candidates face.

A. Common forms and documents pre and post selection include:

- Nomination forms
- Consent to nomination
- Photo ID or verification documents
- Electoral Commission compliance forms
- Spending and donations forms
- Ward information sheets
- Party specific candidate agreements

B. You can request help with paperwork

- Someone to read, explain or assistance with completing forms
- Electronic formats or alternative signature options

You are not expected to navigate this alone. Asking for help is a right, not a weakness.

C. Agents can complete some forms on your behalf

Different parties do this differently, but many agents will handle:

- Submission of your nomination
- Liaising with Returning Officers
- Managing compliance and legal requirements

If you have energy limitations, ask your agent what they can take on so you can conserve energy for campaigning.

3. Access to Elected Office Fund (Wales)

This fund exists to help disabled candidates participate on an equal basis with non disabled candidates.

A. What it can cover:

- Personal assistant / support worker costs
- BSL/communication support
- Transport support
- Assistive technology
- Extra printing or design needs
- Access related campaign costs
- Specialist fatigue/energy management supports

B. What it cannot cover:

- Campaign costs for non-access reasons
- Party membership fees
- Support before you are formally selected
- Everyday living costs

C. When to apply

- As soon as you are officially selected
- As early as possible, to ensure support is in place for campaigning

D. Getting help with your application

The Access to Elected Office Fund team can:

- Help you understand the form
- Explain what counts as an access need
- Discuss options that might support your impairment
- Answer questions about eligibility

You don't need to have the "perfect" access plan before applying, they can help you figure it out.

4. Planning Your Campaign Accessibly

Campaigning can seem energetic and intense, but disabled people can and do run successful campaigns by planning with their access needs in mind.

A. Understanding what campaigning involves

Typical campaign tasks include:

- Canvassing (door knocking or digital outreach)
- Leafleting
- Talking to community groups
- Speaking at events
- Social media posting
- Being photographed
- Delivering campaign messages
- Attending debates or hustings
- Coordinating volunteers

You do not need to do all of these.

B. Identify your strengths

- Am I better at written communication?
- Do I prefer online engagement?
- Can I do some canvassing but with pacing?
- Do I work best with preparation time?
- Do I want to amplify disabled voices in the area?

Your campaign should fit you, not the other way around.

C. Build a supportive team

A good campaign team understands:

- Your access needs
- Your energy limits and pacing
- Your boundaries
- Your communication preferences

Delegation is key. As a disabled candidate, lean on your team.

5. Reasonable Adjustments for Your Campaign

Just like in the selection stage, you are entitled to adjustments throughout your campaign.

Examples include:

- Campaign meetings held online or hybrid
- Shorter canvassing sessions
- Accessible transport arrangements
- Extra breaks
- “Quiet routes” or limited door-to-door canvassing
- Someone accompanying you at public events
- Social media support instead of high-energy tasks
- Use of visual or pre-recorded statements
- Adjustments to debates or hustings (such as advance questions or extra speaking time)

If anyone resists your adjustments:

- Remind them this is about equality, not special treatment
- Seek support from party equality officers
- Remember you do not need permission to protect your health

6. Managing Energy, Health, and Impairment During a Campaign

Campaigning is a marathon, not a sprint and you must prioritise your staying power.

A. Plan for rest

- Daily schedule
- Weekly plan
- Post-event rest and relaxation to recover
- Pre event preparation

Rest is a campaign activity.

B. Choose the campaign methods that work best for you

- Online Q&A sessions
- Pre-recorded videos
- Social media outreach
- Community newsletters
- Daytime events instead of evening ones
- Joining canvassing for short bursts only
- Using supporters to knock doors on your behalf

C. Protect your mental health

You may face:

- Criticism
- Misunderstandings
- Ableist comments, prejudice or stereotyping
- Pressure to overextend

You deserve support, boundaries, and kindness.

D. Manage “visibility anxiety”

Some disabled candidates worry about:

- Being judged
- Being photographed
- Being seen using mobility aids
- Being questioned about their impairment or health condition

You control:

- How you tell your story
- What you disclose (if anything)
- How you present yourself
- Who gets access to your personal information

You do not have to explain your impairment/health condition to everyone.

7. Building a Message That Reflects Your Voice

Your campaign message should be authentic and rooted in your lived experience not a generic template.

A. Elements of a strong message:

- What you stand for
- What issues matter to your community
- Your values and motivations
- How your lived experience shapes your politics
- What you hope to achieve

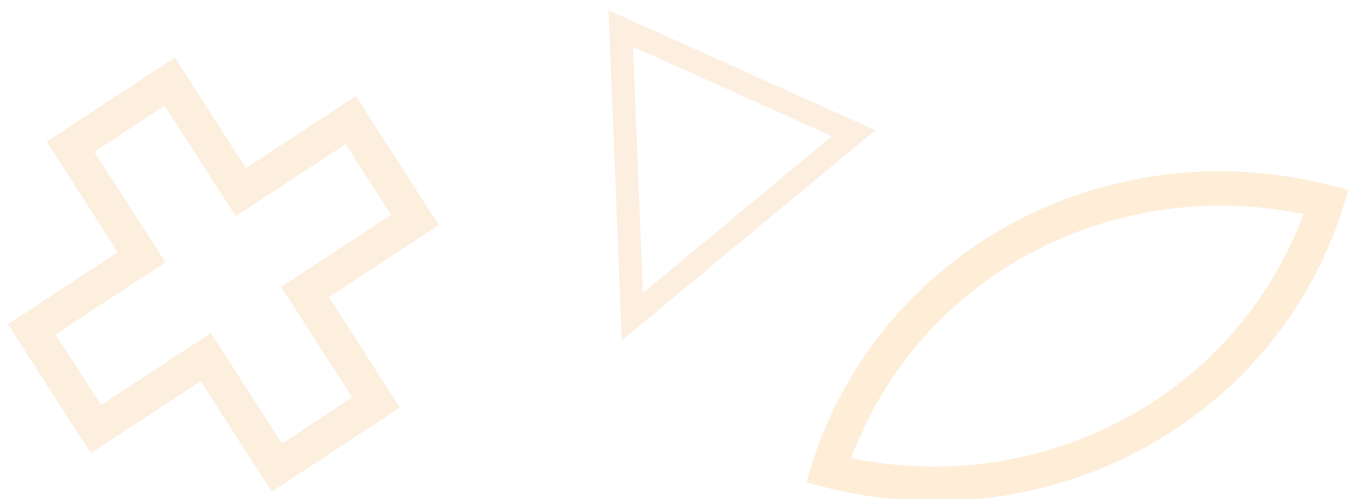
You do not need to mention your impairment unless you choose to.

B. How to present your lived experience

If you do choose to talk about your impairment, you can emphasise:

- Problem-solving skills
- Understanding of barriers
- Commitment to inclusion
- Authentic knowledge of public services
- The value of representation

Disabled candidates bring enormous insight and not pity stories.



8. Public Interactions and Safety

Campaigning can put you in unfamiliar or unpredictable situations.

A. You can set boundaries such as:

- Not canvassing after dark
- Not entering inaccessible homes or venues
- Not engaging with hostile individuals
- Bringing a supporter with you
- Leaving situations that feel unsafe
- Reporting abuse or harassment

Your safety is more important than tradition.

B. Managing online interactions

You can:

- Use scheduled posts
- Limit comments
- Delegate social media to a trusted person
- Block or mute abusive accounts
- Choose not to engage in debates

Online activism is a tool. not an obligation.



9. After the Campaign: Whatever the Result

If you win:

You move to Stage 6, and your journey as an elected representative begins.

If you don't win:

Your work, voice and contribution were still valuable.

Not winning does not mean:

- You weren't good enough
- Your impairment "got in the way"
- You should stop trying
- You didn't make a difference

Many successful politicians lose several elections before winning. Your experience will strengthen your next campaign if you choose to run again.

If you choose not to run again:

Your involvement still matters. You can:

- Support other candidates
- Shape policy
- Join disabled people's groups within the party
- Stay active at a level that works for you

Politics has many paths; elections are just one of them.

You have everything you need to move forward in a way that honours your identity, values, and boundaries as a disabled person.

When you're ready, Stage 6 will guide you through what happens if you are elected and how to thrive in political office as a disabled representative.

If You Are Elected

Stage 6

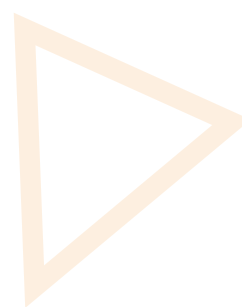
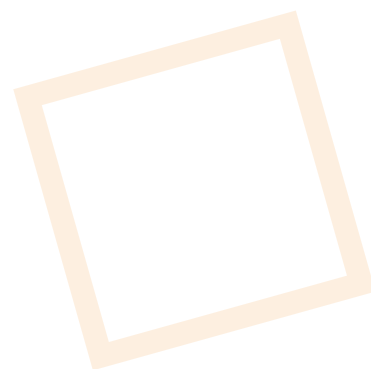
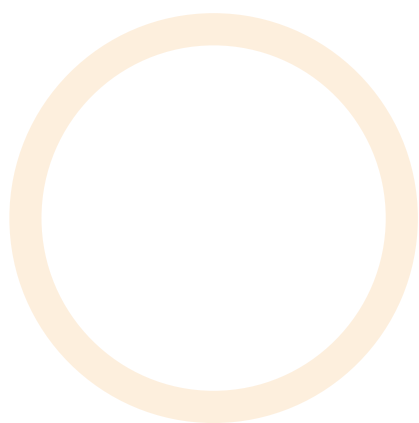
Becoming elected whether to a community council, county council, the Senedd, or any other public office is an extraordinary achievement. It means your community saw your value, your lived experience, and your voice. It also means stepping into a role with responsibility, influence, and visibility.

But being elected as a disabled person comes with unique challenges and considerations.

This stage ensures that you have the knowledge, support, and confidence to succeed on your own terms.

Stage 6 Summary

- Navigate your induction
- Secure reasonable adjustments
- Work effectively with clerks and officers
- Manage energy, workloads, and boundaries
- Address ableism confidently
- Engage with constituents accessibly
- Protect your finances and benefits
- Connect with other disabled representatives
- Build a sustainable and empowering political life



1. Your First Weeks in Office

The first few weeks can feel overwhelming, exciting, and confusing often all at once.

A. Induction process

Most councils or parliaments will give new members:

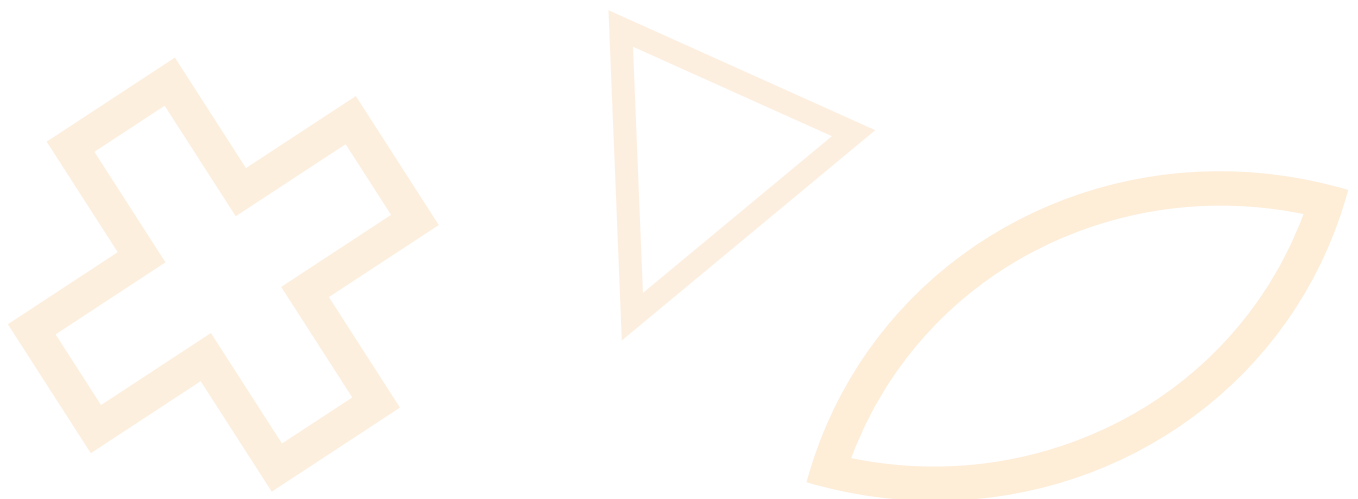
- An induction programme
- Access to key officers and teams
- Training sessions
- An overview of governance and responsibilities
- ICT equipment (laptop/tablet/phone) and an office

However, inductions are rarely designed with disabled people in mind.

B. You can request adjustments to:

- How training is delivered (hybrid, captions, breaks, alternative formats)
- The pace of induction
- Timing (daytime vs evening sessions)
- Length of sessions
- Documents provided in advance or in alternative formats

You should not be expected to absorb everything instantly.



2. Reasonable Adjustments in Elected Office

Disabled elected representatives have a clear and undeniable right to reasonable adjustments.

These can include:

A. Meeting Adjustments

- Hybrid attendance
- Extra speaking time
- Accessible seating arrangements
- Printed papers or digital formats
- Breaks during long sessions
- Easily accessible toilets
- Quiet rooms or sensory accommodations
- Microphone and sound system use
- Captions and/or BSL

B. Workplace Adjustments

- Assistants or support workers
- Adjusted working hours
- Flexible attendance arrangements
- Modified expectations around travel
- Alternative forms of participation
- Home-working options

C. Procedural Adjustments

- Electronic signatures
- Remote voting (where permitted)
- Alternative methods of submitting motions or questions
- Communication support for constituent work

You are not asking for favours you are exercising your legal right to equal participation.

3. Working With Clerks, Officers, and Support Staff

Your relationship with clerks or officers will shape much of your experience.

A. Clerks can vary widely

Some clerks:

- Are knowledgeable and supportive
- Understand the Equality Act
- Know how to implement adjustments

Others:

- Are inexperienced
- Lack confidence around disabled people's access
- Give incorrect information
- Have never dealt with disabled councillors or Members before

This inconsistency is part of the structural barriers and not your fault.

B. How to set expectations early

- Share your Access Needs Statement
- Request a meeting to discuss reasonable adjustments
- Ask for adjustments to be documented
- Clarify roles and responsibilities
- Ask who to contact if problems arise

C. What to do if you face barriers

- Refusing reasonable adjustments
- Implements them incorrectly
- Gives misleading advice
- Fails to act

You can:

- Document issues
- Raise it with the monitoring officer
- Escalate to group leaders or senior staff
- Connect with other disabled elected officials for advice

You do not have to face these issues alone.

4. Managing Your Workload and Energy

Elected roles are often designed for non-disabled people with unlimited energy and no caring responsibilities, which means you must practice sustainable pacing.

A. Choosing what to focus on

- Not attending every committee
- Not chairing every panel
- Not responding to every email immediately
- Not attending every event

Prioritise:

- Responsibilities required by law or procedure
- Committees that align with your strengths
- Issues where your lived experience adds unique value
- Work you can sustain without damaging your health

B. Setting boundaries

- Only attending hybrid-friendly meetings
- Blocking out rest days
- Not responding to emails out of hours
- Limiting evening engagements
- Delegating tasks when possible

C. Pacing throughout the fluctuating year

- Budget season
- Election cycles
- Committee cycles

Plan extra rest during busy periods.

5. Navigating Ableism, Bias, and Misunderstandings

Unfortunately, many disabled elected members experience structural and interpersonal ableism.

A. Common issues

- Being underestimated
- Being excluded from informal networking
- Being told “This is how we’ve always done it”
- Colleagues ignoring access needs
- Pressures to overwork
- Public or media comments about your impairment
- Assumptions that you cannot do the role

B. Strategies for dealing with hostility

- Document incidents
- Inform your group leader
- Seek allyship from supportive colleagues
- Use formal complaint channels where needed
- Rely on peer networks for guidance
- Reaffirm your boundaries
- Remind yourself that your representation is powerful

You are not the problem; the system is outdated.

6. Being a Representative in Your Community

As an elected representative, the community may expect:

- Advice and guidance
- Casework support
- Attendance at events
- Community presence
- Rapid responses
- Visibility in public spaces

You are allowed to shape this in a way that fits you as a disabled person.

A. Accessible ways to engage constituents

- Online surgeries
- Email-based casework
- Scheduled phone calls
- Daytime events instead of evenings
- Pre-recorded updates
- Social media communication
- Delegation via staff or volunteers

B. You do not need to be everywhere

Your value is not measured by:

- Number of events you attend, or photos taken
- Physical visibility

It is measured by:

- Integrity
- Representation
- Thoughtful decision-making
- Policy insight
- Community connection

Disabled representatives lead with authenticity and lived experience, and that is powerful.

7. Managing Benefits, Income, and Employment Changes

If your elected role is paid, it may impact some income based benefits but not all.

Important reassurance:

- PIP is not affected by employment or elected office.
- Community council roles are classed as voluntary and may not always affect benefits.
- Specialist welfare advice is recommended for paid elected roles.

You deserve support while representing your community.

8. Staying Connected With Other Disabled Politicians

Peer support is vital. This can include:

- Informal peer groups
- Messaging groups for disabled councillors or candidates
- Connecting nationally across parties

These networks provide:

- Emotional support
- Practical advice
- Strategy ideas
- Shared experience
- A safe space to be honest

You are part of a growing movement, and you don't have to navigate office alone.

9. Planning for the Long Term

You can build a sustainable political career by:

- Regularly revisiting your access needs
- Adapting your workload to your health
- Seeking ongoing training
- Delegating work strategically
- Using technology to lighten burdens
- Taking breaks between elections
- Prioritising wellbeing over tradition

There is no one way to “be a politician,” especially as a disabled person.

You are helping to redefine what leadership looks like.

Being elected is not the end of the journey; it is the beginning of your impact.

Disabled people need to be in political office, shaping decisions, and transforming systems from the inside. Your voice is powerful, necessary, and valued.



Standing as an Independent Candidate

You may wish to stand as an Independent Candidate for several reasons. No party politics aligns with your political beliefs; you wish to highlight a specific issue; or just want the freedom to stand for election without the constraints of a national party.

Summary of standing as an Independent Candidate:

- The coaching used in standing for a political party is relevant
 - Check eligibility and contacting your local council
 - Filling in relevant papers and submitting them before the deadline
 - Appoint an agent who will help you campaign within the rules
 - Submit expenses afterwards
-

1. Check you are Eligible

You must:

- Be 18 or over
- Be a UK, Irish or eligible Commonwealth citizen

For local council elections, you also need at least one of these connections:

- Live in the area
- Work in the area
- Own/rent property there
- Be registered to vote there

You must not be disqualified (for example, have a serious criminal conviction or certain jobs, such as a judge or a police officer).

2. Deciding to Stand as an Independent Candidate

On the ballot you can write: “Independent” or leave the space blank.

3. Contact your Local Returning Officer

This is usually your County or County Borough Council

They will:

- Give you exact deadlines and nomination forms
- Offer useful advice
- Often check your paperwork before submission

Deadlines are strict and are 19 working days before the election at 4pm. If you miss the deadline, you cannot be a candidate. The rules exclude weekends, public and bank holidays when counting these days.

4. Complete Nomination Papers

You must submit these forms:

- Nomination form
- Home address form

You must sign the nomination form; your signature must be witnessed. Electoral guidance says there are no restrictions on who can be a witness.

5. Pay a Deposit (if Required)

- For local council elections in Wales there is not usually a deposit
 - For the UK Parliament election there is a £500 deposit
 - You get your deposit back if you get a 5% share of the votes.
-

6. Appoint an Election Agent

What they do:

- Manage your campaign within Electoral law
- Control spending
- Handle donations and paperwork

Important:

- This is a legal requirement
- You can be your own agent

An agent must give their name and address officially. They must follow financial rules and reports. This is your decision and must be someone you trust, is organised and not blocked from being an agent. If you don't appoint one, you automatically become your own agent.

7. Optional Agents

You can also appoint:

- Polling agents (watch polling stations)
- Counting agents (watch vote counting)

These are not required but are useful.

8. Running your Campaign

You can:

- Deliver leaflets
- Knock on doors
- Use social media
- Hold and attend meetings

Remember:

- There are strict spending limits
 - Only allowed donations
 - Keep records of all spending
-

9. After the Election

You must:

- Submit a spending return (report)
- Include receipts and donation details

This is a legal requirement

Key tips:

- Deadlines and forms are set by your local council Returning Officer
- Many councils offer informal checks before submission
- You can appear on the ballot in Welsh, English or both

Extra practical advice:

- Start early – you'll be surprised how much time everything takes!
 - Being your own agent is easier for small campaigns
 - Always double-check forms (small errors can disqualify you)
-

Contacts

Benefits Advice:

Citizen Advice Wales - <https://www.citizensadvice.org.uk/wales/>

Turn2us - <https://www.turn2us.org.uk/>

Remuneration Advice:

Local Government - <https://www.dbcc.gov.wales/remuneration>

Senedd - <https://remunerationboard.wales/>

Electoral information:

Electoral Commission - <https://www.electoralcommission.org.uk/taxonomy/term/212>

Main Political Parties:

Green Party Wales - <https://wales.greenparty.org.uk/>

Plaid Cymru - <https://www.partyof.wales/>

Reform UK - <https://www.reformparty.uk/>

Welsh Conservatives - <https://www.conservatives.wales/>

Welsh Labour - <https://www.welshlabour.wales/>

Welsh Liberal Democrats - <https://www.libdems.wales/>

Please note, there are others.

Advice for Independent Candidates standing for Local Government:

LGA Independent group - <https://www.local.gov.uk/political/lga-independent-group>

Electoral Commission - <https://www.electoralcommission.org.uk/sites/default/files/2022-05/StandingasanindependentcandidateLGW.pdf>

One Voice Wales: <https://www.onevoicewales.wales/about/>

Becoming an MS:

<https://senedd.wales/work-opportunities/becoming-a-member-of-the-senedd/>

<https://www.electoralcommission.org.uk/guidance-candidates-and-agents-senedd-elections>

Becoming a Local Authority Councillor:

<https://www.beacouncillor.wales/about-local-councils>

Local Election Guide: <https://www.electoralcommission.org.uk/our-guidance/candidate-or-agent/local-elections-wales>

Becoming a Community or Town Councillor:

<https://www.gov.wales/community-and-town-councils-guidance-html>

Advice for keeping safe online:

Shout Out UK: <https://www.shoutoutuk.org/blockingthenoise/>

Definitions of Disability:

Social Model of Disability: <https://www.disabilitywales.org/social-model/>

Equality Act: <https://www.legislation.gov.uk/ukpga/2010/15/section/6>

UN Convention on the Rights of Disabled People: <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities>

Advice for when things need challenging:

Public Sector Equality duty: <https://www.legislation.gov.uk/ukpga/2010/15/section/149>

<https://www.equalityhumanrights.com/guidance/public-sector/public-sector-equality-duty/public-sector-equality-duty-specific-duties>

Equality and Human Rights Commission: <https://www.equalityhumanrights.com/human-rights/human-rights-act>

Equality Advisory Support Services: <https://www.equalityadvisoryservice.com/>

Advice for People with a Learning Disability:

Learning Disability Wales: <https://www.ldw.org.uk/project/ready-to-vote/>

Personal Development Form

Name:

Address:

Where I would like to be in 1 year, 5 years, 10 years:

What motivates me:

Personal beliefs:

Party joined or independent:

Date of joining party (renew on this date):

Party membership number:

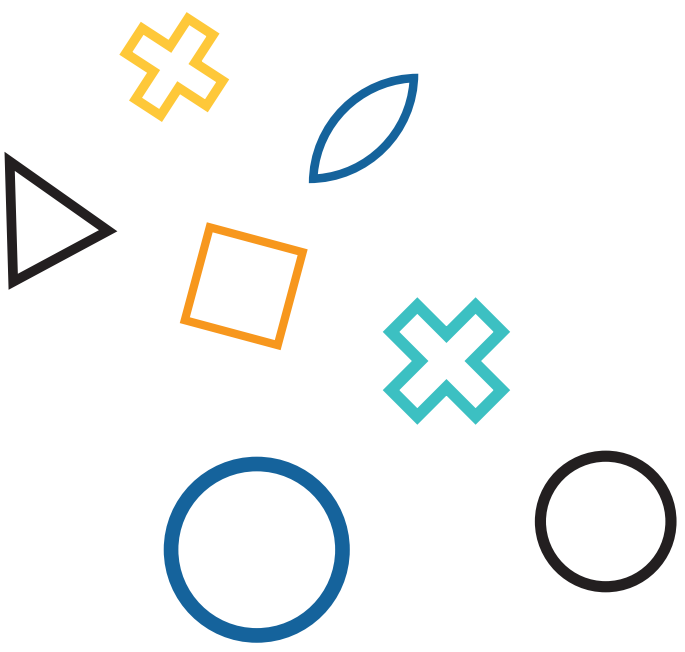
Customisable templates:

1. Hello, I'm a new member and I would like to share my access needs so I can participate fully. My access needs include:

Please let me know who I should contact if my needs change or if I experience accessibility barriers.

2. I am standing for internal party selection. To participate fully, I require the following adjustments: [...]. These reasonable adjustments are necessary for equality of participation. Please confirm who is responsible for arranging them.

Reasonable adjustments needed:



Access to Politics:

Toolkit for Navigating Politics

