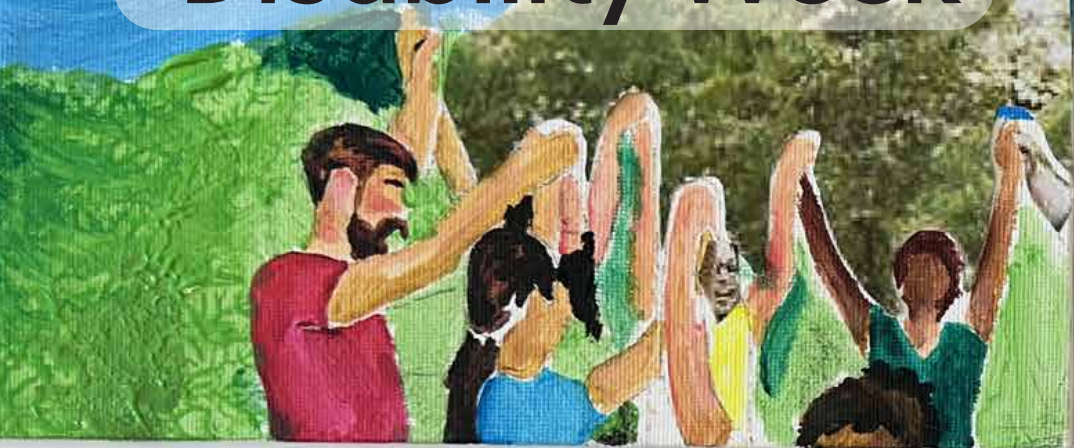


YORK

Disability Week



29th November to 6th December 2025

york
disability
week

20
25



<https://idpwd.org/about/>

It is more than thirty years since the United Nations first announced an international observance of International Day of Disabled People to be held each year on 3rd December. Here in York we mark it with a week-long programme of events and we also celebrate Disability History Month.

International Day is not owned by the UN – it is owned by everyone: people, organisations, agencies, charities, places of learning – all of whom have a vital role to play in identifying and addressing discrimination, marginalisation, exclusion and inaccessibility that many disabled people face. It is one day on the international calendar, yet it symbolises the actions we should take every day, in order to create diverse and accepting communities here in York and beyond.

The UN urges communities to **Celebrate** disabled people by recognising and valuing the diversity of our global community, and cherishing the role we all play; to **Learn** – to understand and learn from the experiences of disabled people; to **Be Optimistic** – and look towards the future and the creation of a world where a person is not characterised by their disabilities, but by their abilities; and, importantly, to **Take Action** - whereby all people, organisations, agencies and charities not only show their support but take on a commitment to create a world characterised by equal human rights.



20th November to 20th December 2025

<https://ukdhm.org/>

FRONT COVER DESIGN by Stephen Lee Hodgkins, York-based disability artist and activist. The artwork, 'Disability and Friendship', is by Freddie Hirst, a Key Stage 3 student at BBG Academy, Birkenshaw, UK and winner of the 2025 Eleanor Worthington Art Prize. This year's prize will be awarded on 3rd December.

YORK DISABILITY WEEK 2025

29th NOVEMBER TO 6th DECEMBER

Promoting an equal, inclusive and accessible York

Welcome to the ninth York Disability Week! We hope you enjoy our community programme for disabled and non-disabled people alike with something for everyone!

Our programme is once again packed with a wide range of events. For the first time this year, we're running an Information Fair (on 2nd December) and we're keen to see how it goes. We've also included a range of inclusive sport and exercise opportunities on our centre pages – and with a few more scattered through the programme.

Feel free to contact event organisers direct to check their covid safety measures for in-person events and to discuss any access needs not covered in their entry.

We've also included information about sources of financial help and advice in the city, how to get help with getting online, about regular events open to disabled adults, children and young people in York, about the city centre's Shopmobility scheme in case that enables you to access the city centre events and about a new toolkit of free resources.

Finally, if you're interested in volunteering to get involved in planning next year's programme, get in touch! You'll be very welcome – we're always on the lookout!

The Planning Group for the 2025 Programme

All programme details correct at the time of going to press. For updates and any late entries check our website at www.yorkdisabilityweek.org or contact us on:

-  @YorkDisabilityWeek
-  @YorkDisability
-  @York_Disability
-  disability@yorkhumanrights.org
-  01904 702060



With thanks to York Human Rights City Network for their support, including from their volunteers and to City of York Council and Joseph Rowntree Foundation for financial support

PROGRAMME AT A GLANCE

EXHIBITIONS		
Friday 28th November to Sunday 30th November	'A Census of Disability Joy' - A disability art and archive exhibition	In person
Friday 28th November to Friday 30th January	Eleanor Worthington Art Prize 11th Year Exhibition: Disability and Self Fulfilment	In person and Online
Saturday 29th November to Wednesday 10th December	Eleanor Worthington Art Prize 2024 Exhibition: Disability and Self-Fulfilment	In person
PRE-PROGRAMME EVENTS		
Thursday 20th November 10.00am to 2.00pm	Carers Rights Day – Carers Information & Advice Drop-in	In person
Wednesday 26th November 10.30am to 12.30pm	Informal Drop in for Disabled People and Unpaid Carers who use Direct Payments	In person
Friday 28th November 7.30pm to 9.30pm	Poetry For All	In person
PROGRAMME EVENTS		
Saturday 29th November 10.00am to 11.00am (repeats on 6th December)	DESTINY Disability Dance Classes	In person
Monday 1st December 11.00am to 12.00pm	Singing for People affected by Parkinson's	In person
Monday 1st December 7.00pm to 9.00pm	Wheelchair Rugby League for those aged 12+	In person
Tuesday 2nd December 10.30am to 12.30pm	Information Fair	In person
Tuesday 2nd December 10.30am to 12.30pm	This is Me - Bold. Bright. Heard. - a workshop for adults with learning disabilities	In person
Tuesday 2nd December 10.30am to 12.30pm	Disabled Parents Coffee Morning	In person
Tuesday 2nd December 10.30am to 11.30am	'Not a Book Club' taster session	In person

Tuesday 2nd December 11.30am to 12.30pm	Exercise for People with Parkinson's	In person
Tuesday 2nd December 1.15pm to 2.45pm	Try a Gym Session	In person
Tuesday 2nd December 2.45pm to 4.15pm	Sight and Hearing Loss Awareness for Businesses	In person
Tuesday 2nd December 6.00pm to 7.30pm	York City Football Club Stadium Tour	In person
Wednesday 3rd December 9.15am to 10.15am	Eleanor Worthington Prize-giving event - 'Disability and Strength'	In person and Online
Wednesday 3rd December 10.00am to 11.00am	How Disability Confident are you? An online event for organisations and businesses, aimed at HR and inclusion staff, line managers and leaders	Online
Wednesday 3rd December 11.30am to 12.30pm	Pilates for People affected by Parkinson's	In person
Wednesday 3rd December 3.00pm to 5.00pm	Social Event on UN International Day for Disabled People	In person
Thursday 4th December 10.30am to 12.00pm and 1.30pm to 3.00pm	Making a Festive Wooden Decoration at Brunswick Nursery	In person
Thursday 4th December 11.00am to 1.00pm	Introducing The Land Haxby: Families of neurodivergent children who cannot access education	In person
Thursday 4th December Equipment Taster Session: 11.00am to 12.00pm Social Ramble: 12.30pm to 2.00pm	Experience Community: Inclusive Social Ramble and Mobility Equipment Demo	In person
Thursday 4th December 5.30pm to 6.30pm	What Are Energy Limiting Conditions?	Online
Thursday 4th December 6.00pm to 7.30pm	Eugenics: Past, Present and Future	Online

Thursday 4th December 6.30pm to 7.30pm	What has digital technology ever done for us? Successes and challenges for disabled and older people	Online
Thursday 4th December 7.00pm to 8.30pm	Hands and Voices Singing and Signing Choir	In person
Friday 5th December 9.30am to 11.00am	Stories of Mental Health from York: Panel Discussion	In person
Friday 5th December 11.00am to 3.00pm	Living with Parkinson's	In person
Friday 5th December 1.30pm to 3.30pm	Stephen Unwin: Beautiful Lives – How We Got Learning Disabilities So Wrong	In person

IN ADDITION:

Check out the centre pages for **additional sport and exercise events** offering free 'taster' sessions during York Disability Week. This includes bowling, boccia and curling; football; tennis; and a walking day

York Theatre Royal will be putting on a workshop run by a disabled artist. It will be provisionally on 5th December but final details still to be confirmed. Check our website for final details when we have them (or for any other LATE ENTRIES or amendments) – or get in touch with us to be sent details direct.

"I talk about how I've dealt with cruelty towards disability – not just my own but other people's. And whenever someone's being mean about disability, what that person doesn't realize is that the disabled community is the largest minority group on the planet...It's the only minority group that you can join at any time...You're only one bad bike ride away."

Josh Blue, disabled American comedian

EXHIBITIONS

Event	'A Census of Disability Joy' - A disability art and archive exhibition
When & Where	Friday 28th November, 10.30am - 5.30pm Saturday 29th November, 9.30am - 4.30pm Sunday 30th November, 11.30am - 3.30pm Marriott Room, York Explore Library and Archive, Library Square, York YO1 7DS
Cost	FREE, no need to book.
About	Histories of disability stretch far back, because it is a deeply human experience. How we understand it changes with the records we keep and the stories we tell. Inspired by collections in Explore York Archives, this exhibition explores how disability was represented in census and other records from the 1800s. Created by a York collective of disability artists, the exhibition reclaims and reworks these archival representations to assert a vision of 'disability joy' today.
Access	Hearing loop; Step free access; Wheelchair accessible toilets; Audio descriptions of artworks exhibited; Blue Badge parking for 3 vehicles and see www.york.gov.uk/AccessibleParking for spaces elsewhere
Organiser	Explore York ✉ arts@exploreYork.org.uk ☎ 01904 552828 🌐 www.exploreYork.org.uk 📘 YorkExplore 📷 @exploreYorklibraryandarchive @exploreYorkarts #LetsCreate #ExploreTogether   

Event	Eleanor Worthington Prize 11th Year Exhibition: Disability and Self-Fulfilment
When & Where	Friday 28th November - Friday 30th January Mondays to Thursdays 9.00am to 8.00pm; Fridays 10.00am to 6.00pm; Saturdays 9.00am to 5.00pm; Sundays 11.00am to 4.00pm Café exhibition space, York Explore Library and Archive, Library Square, York YO1 7DS www.exploreyork.org.uk/libraries/york-explore/
Cost	FREE, no need to book.
About	A selection of works submitted for the 2024 Prize, open to tertiary-level art school students in Italy, the UK, and Ireland. The Prize seeks to raise awareness of disability, particularly among young people. It encourages reflection on social inclusion and the role of creativity in shaping a more inclusive society.
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking for 3 vehicles and see www.york.gov.uk/AccessibleParking for spaces elsewhere
Organiser	Explore York ✉ arts@exploreyork.org.uk ☎ 01904 552828 🌐 www.exploreyork.org.uk 📘 YorkExplore 📷 @exploreyorklibraryandarchive @exploreyorkarts #LetsCreate #ExploreTogether    Finanziato dall'Unione europea NextGenerationEU

Event	Eleanor Worthington Art Prize 2024 Exhibition: Disability and Self-Fulfilment
When & Where	Saturday 29th November – Wednesday 10th December Main corridor, between junctions 5 & 6, York Hospital, Wigginton Road, York, YO31 8HE
Cost	FREE
About	This exhibition showcases a selection of the works submitted for 2024, the eleventh year of the prize in memory of Eleanor Worthington. The prize is open to students of Art Schools at tertiary level in Italy, UK and Ireland and aims at raising awareness of disabilities and promotes reflection on social inclusion, using the language of the visual arts. It is awarded in memory of Eleanor, a severely disabled Anglo-Italian young person, who despite her many difficulties always maintained a great joy in life.
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking in front of hospital and in the multi-storey car park
Organiser	York & Scarborough Teaching Hospitals NHS Foundation Trust ✉ yhs-tr.Art.AtYork@nhs.net ☎ Arts Team 01904 725265 🌐 https://www.yorkhospitals.nhs.uk/   Finanziato dall'Unione europea NextGenerationEU  Associazione Premio Eleanor Worthington-ODV

"Disability only becomes a tragedy when society fails to provide the things we need to lead our lives."

Judy Huemann (Disability rights activist, "mother" of the disability rights movement)

PRE PROGRAMME EVENTS

Event	Carers Rights Day - Carers Information and Advice drop-in	
When & Where	Thursday 20th November 10.00am - 2.00pm Friends Meeting House, Friargate, York YO1 9RL https://friargate.quakermeeting.org/	
Cost	FREE entry, no need to book.	
About	Carers Rights Day is a national event to raise awareness of the rights and entitlements of unpaid carers. York Carers Centre is inviting unpaid carers to join us for tea and cakes at our Carers Information and Advice drop-in. Come along and talk to our staff, legal and social care professionals and representatives from other local charities.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking in Castle car park or on-street parking nearby. Check at www.york.gov.uk/AccessibleParking If you have any other access needs, please get in touch	
Organiser	York Carers Centre ✉ events@yorkcarerscentre.co.uk ☎ 01904 715490 🌐 https://yorkcarerscentre.co.uk 📘 @yorkcarerscentre 📺 @yorkcarerscentre 📷 @yorkcarers 	



Event	Informal Drop in for Disabled People and Unpaid Carers who use Direct Payments
When & Where	Wednesday 26th November 10.30am - 12.30pm Marriott Room, York Explore Library and Archives, Library Square, Museum Street, York, YO1 7DS - www.exploreyork.org.uk/ phone 01904 552828 
Cost	FREE: no need to book, just drop in!
About	Direct payments can be life changing! They can give disabled people and older people choice and control over their lives, including employing personal assistants (PAs), sometimes with support from an unpaid carer. But being an employer can also be challenging! Come and chat with others, share experiences and swap tips!
Access	Hearing loop; Step free access; Accessible toilets; Changing places toilet; Blue Badge parking for 3 vehicles and check at www.york.gov.uk/AccessibleParking . Please let us know if you have any other access needs.
Organiser	We are an informal group of disabled people and family carers who use direct payments ✉ abi@ydrf.org.uk ☎ 01904 702060



Event	Poetry for All
When & Where	Friday 28th November 7.30pm - 9.30pm (doors open at 7.00pm) The National Centre for Early Music, St Margaret's Church, Walmgate YO1 9TL - https://www.ncem.co.uk/ 
Cost	£8 general admission / £5 concessions, PAs/carers FREE, service dogs welcome. Book online at https://www.ncem.co.uk/whats-on/ or phone NCEM on 01904 658338 or pay at the door
About	'Poetry for All' is the UK's accessible poetry event for anyone facing barriers to enjoying poetry. Great acoustics; BSL interpretation; big screen projection of all poems. Headliners: Peter Kalu & Dominic Berry; support from local poets. Come join us and feel included! New this year: tarot card readings (including a large-image deck) in the lobby before the start, and during intermission.
Access	Step free access; Wheelchair accessible toilets; BSL; On-street parking with a blue badge
Organiser	Stairwell Books  stairwellbooks@yahoo.com  07914 271871  https://www.stairwellbooks.co.uk  https://en-gb.facebook.com/StairwellBooks/  @StairwellBooks  @StairwellBooks National Centre for Early Music:  info@ncem.co.uk  01904 632220  https://www.ncem.co.uk  @yorkearlymusic  https://www.facebook.com/yorkearlymusic/offers/ 

PROGRAMME

Event	DESTINY Disability Dance Classes	
When & Where	Saturday, 29th November 10.00am - 11.00am (this repeats on Saturday 6th December) SK studio, 14 Redeness St, York YO31 7UU Note from organiser: Another class is soon to come that will be running from 11.15am - 12.15pm	
Cost	One FREE class for York Disability Week only - then £8.50 per class after that.	
About	The sessions are disability dance classes, where participants can learn new skills, strengthen their bodies and perform. There's also a great social aspect with the young people too. The sessions are open to individuals within the age group of 12-25 years old.	
Access	Ramp to access the studio; Blue Badge parking. Please contact the organiser if you want to discuss your access needs.	
Organiser	Destiny Sparkes, Dance Teacher ✉ destinysparkes@yahoo.com 📷 @destiny_sparkes	



Event	Singing for People affected by Parkinson's	
When & Where	Monday 1st December 11.00am - 12.00pm Acomb Methodist Church, Front Street, Acomb, York, YO24 3BX	
Cost	FREE but please let us know if you are planning to attend by emailing info@yorkparkinsons.co.uk or leave a message on our group phone line at 07943 137616	
About	This is a fun and friendly singing session for people who are affected by Parkinson's and their family and carers, led by York based Music Therapist Tim Lowther.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking	
Organiser	Parkinson's UK - York Branch ✉ info@yorkparkinsons.co.uk ☎ 07943 137616 🌐 www.yorkparkinsons.co.uk	



Event	Wheelchair Rugby League for those aged 12+	
When & Where	Monday 1st December 7.00pm - 9.00pm York Sport Centre, James Way, Heslington, York, YO10 5NA	
Cost	FREE - this is a 'taster' session for York Disability Week so no charge. Get in touch with us at inclusion@yorkrlfc.com or phone 01904 670880	
About	This Wheelchair Rugby League session includes an introduction into Wheelchair Rugby League, chair skills and rugby league fundamentals. <u>Note from Organiser:</u> Wheelchair Rugby League is for 12 years plus. We play in a mixed team of physically disabled and non-disabled players. No experience necessary.	
Access	Step free access, Wheelchair accessible toilets, Blue Badge parking	
Organiser	York RLFC Foundation ✉ inclusion@yorkrlfc.com ☎ 01904 670880 🌐 www.yorkrlfc.com 📘 https://www.facebook.com/YorkRLFCFoundation 📷 yorkrlfcfoundation	



Event	Information Fair
When & Where	Tuesday 2nd December 10.30am - 12.30pm The Spurriergate Centre, Saint Michael's Church, corner of Spurriergate and Coney St, York YO1 9QR 
Cost	FREE, just drop in at any time
About	There will be the chance to talk to various organisations including York Disability Rights Forum, Shopmobility York, Digital Friendly York, The Wilberforce Trust, a Benefits Adviser and staff from City of York Council, Humber and North Yorkshire Integrated Care Board / NHS. Come along and even if those on hand can't answer your queries they might know who can!
Access	Step free access; Wheelchair accessible toilets. For information about Blue Badge parking go to www.york.gov.uk/AccessibleParking
Organiser	York Disability Week coordinating group ✉ disability@yorkhumanrights.org ☎ 01904 702060 🌐 www.yorkdisabilityweek.org 📘 @YorkDisabilityWeek ✂ @YorkDisability 📷 @York_Disability       

Event	This is Me - Bold. Bright. Heard. - a workshop for adults with learning disabilities	
When & Where	Tuesday 2nd December 10.30am - 12.30pm Clifton Explore Library, Rawcliffe Drive, York, YO30 6NS	
Cost	FREE. To book or to find out more please contact Annabel on email annabel.martin@yorkadvocacy.org.uk or phone on 07706 691473, Need help with travel costs? Please talk to Annabel	
About	'This is Me' is a fun creative workshop for adults with learning disabilities and is all about self advocacy and confidence. We will use doodles, colours and words to talk about ourselves and our voices. A space to share, create and be heard – in your own way!	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking	
Organiser	York Self Advocacy Forum ✉ annabel.martin@yorkadvocacy.org.uk ☎ 07706 691473	



Event	Disabled Parents Coffee Morning	
When & Where	Tuesday 2nd December 10.30am - 12.30pm Tang Hall Explore Library, The Centre @ Burnholme, Mossdale Avenue, York YO31 0HA https://exploreYork.org.uk/tang-hall-explore/	
Cost	FREE, no need to book	
About	Hello to all disabled parents in York! Whether you're in the midst of raising young 'uns or if they've flown the nest, come along to share your stories, tips and tales of disabled parenting wins and woes.	
Access	Hearing loop; Step free access; Wheelchair accessible toilets; Blue Badge parking	
Organiser	York Disability Rights Forum ✉ elki@ydrf.org.uk ☎ 01904 326781 (voicemail) 🌐 https://ydrf.org.uk/ 📘 @YorkDRF ✕ @YorkDRF 📷 @yorkdrf	

"I don't think disabled people are seen as sexually active adults – we're this kind of neutral, asexual being that can't have relationships and families and things like that. That was a great thing about going online and seeing all these disabled mums and dads; that really encouraged me."

Grace Spence Green, author of 'To Exist as I am' and This Is Spinal Crap podcast and disability activist

Event	'Not a Book Club' taster session	
When & Where	Tuesday 2nd December 10.30am – 11.30am Meeting room at Hungate Reading Cafe, York YO1 7AF (near Stonebow Interchange). https://exploreYork.org.uk/cafes/hungate-york-reading-cafe/	
Cost	FREE although donations welcome. Please book via email hello@sharedstory.org or by calling/texting 07895 702241	
About	In this taster session, come and experience Shared Story's 'Not a Book Club' group and the joy of shared reading. There's nothing to prepare beforehand and no pressure to read aloud. The idea for Shared Story was born from the organisers' experience of working in health and social care and hearing first-hand how difficulties with concentration and focus resulted in people with long term conditions sometimes finding themselves unable to read, a once enjoyable part of their lives. All are welcome!	
Access	Step free access; Wheelchair accessible toilets. Please get in touch if you want to discuss anything beforehand or if you have any other access needs and we'll try to meet them if we can	
Organiser	Shared Story ✉ hello@sharedstory.org.uk ☎ 07895 702241 🌐 www.sharedstory.org.uk 📘 https://bit.ly/49Nolk1	

Event	Exercise for People with Parkinson's	
When & Where	Tuesday 2nd December 11.30am - 12.30pm Wigginton Recreation Hall, The Village, Wigginton, YO32 2LL	
Cost	FREE for this trial session. If you plan to attend, please email info@yorkparkinsons.co.uk or leave a message on our group phone 07943 137616	
About	Try one of our weekly exercise sessions designed for people with Parkinson's, led by Physiotherapist Sarah Finch. All the exercises are adapted to suit the needs of those attending.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking	
Organiser	Parkinson's UK - York Branch  info@yorkparkinsons.co.uk  07943 137616  www.yorkparkinsons.co.uk 	

"We must recognise that Disability is not caused as a result of various medical impairments, but is in fact created by society's collective failure to adapt to, embrace and celebrate our varying levels of ability."

Senator Jordan Steele-John (Australian politician and disability rights advocate)

Event	Try a Gym Session
When & Where	Tuesday 2nd December 1.15am – 2.45pm Burnholme Sports Centre (behind Burnholme Library, off Bad Bargain Lane), Mossdale Avenue, York, YO31 0HA - https://tinyurl.com/4d26xjm5
Cost	FREE – and we'll even throw in a hot drink and a cake at the Library cafe! In order that Better Leisure (who run the Centre) can provide the staff required, please register by 25th November by email york@differentstrokes.co.uk or phone 0780 303 77440 to guarantee a place. If you turn up on the day, we'll still try to provide a session
About	'Healthwise' is a supported activity programme for people with health needs. We'll join a regular session but with 2 dedicated instructors to show us how to use their equipment properly and safely. Staff can't help people on and off equipment, so please bring your own helper if you require such assistance. The intention is not to have a full-on workout, simply to see what it's like. You can stop at any time. Give it a go, see if it might be of interest to you in the future. Wear loose, comfortable clothing and trainers.
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking at either the rear of, or to the right of, the Library. No 11 bus stops outside.
Organiser	Different Strokes York: A peer-to-peer support group for people who have sustained a stroke or brain injury. ✉ york@differentstrokes.co.uk ☎ 0780 303 77440 🌐 https://differentstrokes.co.uk/groups/stroke-support-group-york/



INCLUSIVE AND DISABILITY SPORT AND EXERCISE

During York Disability Week, the following opportunities are available for anyone to try out in a **FREE** taster session. If you can't make it during York Disability Week itself, please contact the organiser to discuss going at another time. They'll make you very welcome!

Some sports and exercise events are also scattered throughout the rest of the programme. If you don't see a sport or exercise listed that you'd like to try, or if you want to do it on a different day or venue, check out this website <https://www.livewellyork.co.uk/leisure-activities-for-people-with-specific-needs/> or ask your local library for help or ask York Disability Week to help put you in touch.

What	Disability Bowling
Where	York & District Indoor Bowls Club 302 Thanet Road, Acomb, YO24 2 NW
When	Wednesday 3rd Dec - 1.00pm to 3.00pm All ages, All Disabilities Boccia, New Age kurling - Seated exercise.
Contact	☎ 01904 704180 ✉ ydibc@tiscali.co.uk
York City Foundation	
NOTE: For all the sessions below, you need to book in advance by phone: 01904 559508 or email: enquiries@yorkcityfcfoundation.co.uk	
What, where & when	City Juniors ND A brand new session designed to support neurodivergent young people aged 8-12 who want to improve their football skills and build confidence in a non-competitive, safe, secure, and fun environment. Saturdays in term time York Sports Village 9.30am - 10.30am
What, where & when	Junior Pan-Disability Development Centre A supportive training programme with two mixed groups, for players aged 8-12 or 13-16, who want to improve their football skills and build confidence without taking part in competitive matches. Saturdays in term time York Sports Village 9.30am - 10.30am

What, where & when	York City Foundation Adult Pan-Disability Team Two open age teams (16+) who train weekly: York City Foundation Ebors and Jorviks play in the North Riding Ability Counts League. Ideal for those wanting to be part of a team, improve their football skills and take part in competitive matches. Fridays with monthly matches on Sundays Energise Leisure Centre, Acomb 5.30pm - 6.25pm
What Where	North Yorkshire Visually Impaired Tennis Club University of York Sports Centre James Way, Heslington YO10 5NA
When	Monday 8th December 1.00pm to 3.00pm LTA qualified coach
Contact	✉ nthyorksvitc@outlook.com ☎ 07788 917959 
What	Open Country - York Walking Group for people living with disabilities Friendly accessible walking group for a fun day exploring the glorious Yorkshire countryside!
Where	6 miles on a scenic route. £10 a walk for members, pick up and drop off in central York in our accessible minibus. New volunteers also welcome. Open Country also offers accessible walking and cycling paths and trails – ask for a free York breakfree pack or download from our website www.opencountry.org.uk
When	Twice a month on weekends for a sociable day out. 
Contact	✉ info@opencountry.org.uk ☎ 01423 507227
What Where	Walking Football for People with Parkinson's The outdoor pitches, York Stadium Leisure Centre, York YO32 9AF
When	Wednesday 3rd December 10.00am - 11.00am
Contact	✉ info@yorkparkinsons.co.uk or leave a message on phone 07943 137616 if you are planning to attend or want to discuss. 

Event	Sight and Hearing Loss Awareness for Businesses
When & Where	Tuesday 2nd December 2.45pm - 4.15pm Room Foss 036, York St John University, Lord Mayor's Walk YO31 7EX 
Cost	FREE. Please book via https://tinyurl.com/yrj8d39f or call the York BID office on 01904 809970
About	York BID is thrilled to be working with MySight York and Living 4 Moments to offer businesses this comprehensive taster session on improving business inclusivity. We invite businesses to learn about the "Purple Pound" and the significant spending power of disabled people. Learners will gain practical insights into supporting disabled customers through accessible social media training, sighted guiding, lipreading and disability awareness.
Access	Step free access; Wheelchair accessible toilets; On-site parking for Blue Badge holders subject to availability on the day. Please register your vehicle registration number in advance with YSJ Events - 01904 876893. Anyone not doing so will receive a parking ticket. For information about Blue Badge parking elsewhere go to www.york.gov.uk/AccessibleParking
Organiser	The York BID ☎ 01904 809970 🌐 www.theyorkbid.com 🌐 www.living4moments.com 🌐 www.mysightyork.org 📘 TheYorkBID 📷 @the_york_bid   

Event	York City Football Club Stadium Tour	
When & Where	Tuesday 2nd December 6.00pm - 7.30pm LNER Community Stadium, Kathryn Avenue, York, YO32 9AF	
Cost	Age 14+: £5; age 13 and Under: £3 (must be accompanied by an adult). Carers/parents: FREE. Book at https://yorkcityfootballclub.co.uk/product/stadium-tours/ or phone 01904 624447	
About	See behind the scenes at the LNER Community Stadium with York City FC. A tour will provide you with a full view of the stadium, including changing rooms, pitch-side and dugouts, as well as hearing stories and trivia about the stadium and the club. Tours are open to everyone aged 5 and above and last approximately 1½ hours.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking; free loan of ear defenders and sensory packs for neuro-diverse individuals & audio devices for those with sight impairment. At home matches, a dedicated Quiet Zone at East Stand Block A is accessed via least busy stadium entry point. Volunteers on hand throughout. For more information visit https://forms.office.com/e/CMGnT4c5SB .	
Organiser	York City Football Club  01904 624447  www.yorkcityfootballclub.co.uk  http://www.facebook.com/YorkCityFC  http://www.x.com/YorkCityFC  https://www.instagram.com/YorkCityFC  https://www.threads.net/@YorkCityFC  https://www.tiktok.com/@YorkCityFC	



Event	Eleanor Worthington Prize-giving event - 'Disability and Strength'	
When & Where	Wednesday 3rd December 9.15am - 10.15am In person at Room DG/014, De Grey Building, York St John University, Lord Mayor's Walk, York YO31 7EX Campus Map York St John University Or Online by Zoom	
Cost	FREE. Book for either in person (maximum 12 external places) or online (maximum 100 places) at https://tinyurl.com/yk7e37kj or phone the YSJ Events team on 01904 876893 if you need any help with booking.	
About	The theme of this year's Eleanor Worthington Prize is 'Disability and Strength'. Participation is open to students of Art Schools at tertiary level in the UK, Italy, and Ireland. The prize giving event takes place in Urbino, Italy, and a zoom connection will be available between YSJ and Urbino. The presenter in YSJ will be Helen Turner, Associate Head of Art. A representative of the York Human Rights City Network will be among the speakers.	
Access	(for in-person) BSL interpreter; hearing loop; step free access; accessible toilets. There is on-site parking for Blue Badge holders subject to availability on the day. Please register your vehicle registration number in advance with YSJ Events - 01904 876893. Anyone not doing so will receive a parking ticket. For information about Blue Badge parking elsewhere go to www.york.gov.uk/AccessibleParking	
Organiser	Associazione Premio Eleanor Worthington (APEW)  info@premioeleanor.it  www.eleanorprize.org  @Eleanor Worthington Prize York St John University  events@yorksja.ac.uk  https://www.yorksja.ac.uk/	



Finanziato dall'Unione europea
NextGenerationEU

Event	How Disability Confident are you? An online event for organisations and businesses, aimed at HR and inclusion staff, line managers and leaders
When & Where	Wednesday 3rd December 10.00am - 11.00am Online via Microsoft Teams. It is recommended that you download Teams before the event 
Cost	FREE. Email humanresources@familyfund.org.uk to register and we will send a meeting invitation with a Teams link
About	Join Family Fund for an interactive online information session on Disability Confident. Members of our human resources team will share their journey to Disability Confident leader status and their experience of implementing a Supported Internship scheme. Disability Confident is a government initiative designed to encourage employers to recruit and retain disabled people and those with health conditions.
Access	Automated Captions
Organiser	Family Fund - the UK's largest grant-making charity for families raising a disabled or seriously ill child on a low income   ✉ humanresources@familyfund.org.uk ☎ 01904 571060 🌐 www.familyfund.org.uk 📘 https://www.facebook.com/familyfund ✂ https://twitter.com/FamilyFund 📷 https://www.instagram.com/family_fund/ 🌐 https://www.linkedin.com/company/the-family-fund

"The real challenge lies in changing perceptions, not just in changing physical environments."

Frank Gardner, BBC Security Correspondent and disability advocate

Event	Pilates for People affected by Parkinson's	
When & Where	Wednesday 3rd December 11.30am - 12.30pm Acomb Methodist Church, Front Street, Acomb, YORK YO24 3BX	
Cost	FREE but please let us know if you plan to join us by emailing info@yorkparkinsons.co.uk or leaving a message on our group phone 07943 137616	
About	A seated Pilates session led by Sarah Stabler; designed with Parkinson's in mind but open to anybody who feels they might benefit.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking	
Organiser	Parkinson's UK - York Branch ✉ info@yorkparkinsons.co.uk ☎ 07943 137616 🌐 www.yorkparkinsons.co.uk	



"Design greatly impacts upon people's lives... Design is a way in which we can feel included in the world, but it is also a way in which we can uphold a person's dignity and their human rights. Design can also inflict vulnerability on a group whose needs aren't considered"

Sinéad Burke, Irish writer, academic and disability activist

Event	Social Event on UN International Day for Disabled People	
When & Where	Wednesday 3rd December 3.00pm - 5.00pm Penn Room, Friends Meeting House, Friargate, York YO1 9RL https://friargate.quakermeeting.org/	
Cost	FREE. No need to book, just drop in!	
About	Come along for a social event on UN International Day for Disabled People! Join us for good conversations, a chance to meet new people or hang out with old friends. We're a friendly lot and will make everyone welcome.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking in Castle car park, on-street nearby or check at https://www.york.gov.uk/AccessibleParking . BSL interpreters being sought. If you have any other access needs, please get in touch	
Organiser	York Disability Rights Forum , a disabled people led organisation, working to make a difference in York for all disabled people who live, work or study in York ✉ hello@ydrf.org.uk ☎ 01904 326781 (voicemail) 🌐 https://ydrf.org.uk/ 📘 @YorkDRF ✂ @YorkDRF 📷 @yorkdrf	

"...as soon as I felt proud of who I was..... I didn't take people's pitying or ableist comments, or feel like I needed to answer to people about who I was and what I was doing"

Grace Spence Green, author of 'To Exist as I am' and This Is Spinal
Crap podcast and disability activist

Event	Making a Festive Wooden Decoration at Brunswick Nursery	
When & Where	Thursday 4th December 10.30am - 12.00pm and 1.30pm - 3.00pm Brunswick Organic Nursery, Appleton Road, York, YO23 2RF	
Cost	Donations of £5 would be appreciated Please book by emailing admin@brunswickyork.org.uk or calling 01904 701869	
About	You will be supported by our Woodwork Group leaders and workers to make a festive wooden decoration. You will also have the opportunity to be taken on a tour of Brunswick Organic Nursery.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking.	
Organiser	✉ admin@brunswickyork.org.uk ☎ 01904 701869 🌐 https://www.brunswickyork.org.uk/ 📘 Brunswick Nursery 📷 @brunswickorganicnursery	



Event	Introducing The Land Haxby: Families of neurodivergent children who cannot access education	
When & Where	Thursday 4th December 11.00am - 1.00pm Spark York CIC Community Room, 17-21 Piccadilly, York, YO1 9PB	
Cost	FREE, no need to book. The first hour will be a presentation, video and Q&A; the second hour will be more informal and social	
About	Come along to find out more about The Land Haxby and the work we've been doing with families. We have a new short information video to show you about high-level anxiety as it presents in our kids. We will have space for questions and answers as well as some time to socialise and meet others. This event will be supported by York Disability Rights Forum.	
Access	Step free access; Wheelchair accessible toilets; for the nearest Blue Badge parking check www.york.gov.uk/AccessibleParking	
Organiser	The Land Haxby ✉ vanessa@ckmail.me 🌐 https://theland.org.uk/ 📘 @the.land.haxby 📷 @the_land_haxby_	

"Inclusion is not bringing people into what already exists, it is making a new space, a better space for everybody"

Rachel Olivero (1982-2024), disability activist

Event	Experience Community: Inclusive Social Ramble and Mobility Equipment Demo	
When & Where	Thursday 4th December Equipment Taster Session: 11.00am - 12.00pm Social Ramble: 12.30pm - 2.00pm Rowntree Park Reading Cafe, Rowntree Park, York, YO23 1JU	
Cost	FREE to attend, but if you want to join the social ramble please book a space through Eventbrite: https://tinyurl.com/4fnz7msm or by phoning 01484 841438 or emailing info@experiencecommunity.co.uk	
About	Join us from 11am to try our off-road mobility equipment. At 12:30, we will go for a ramble around Rowntree Park and the surrounding area, enjoying meeting new people and sharing some fresh air. Come along using your own mobility equipment or contact us about what we have available.	
Access	Step free access; Wheelchair accessible toilets; Blue Badge Parking	
Organiser	Experience Community  info@experiencecommunity.co.uk  01484 841438  www.experiencecommunity.co.uk  Experience Community CIC  @experiencecommunitycic  ExperienceCIC	



Event	What Are Energy Limiting Conditions?	
When & Where	Thursday 4th December 5.30pm - 6.30pm Online via zoom - link to be provided after booking	
Cost	Pay-What-You-Can tickets, priced between £3 and £7, available via https://buytickets.at/lifeofpipppa/1871443 There are also a small number of free tickets for people unable to pay anything, bookable on the same link	
About	This session is designed for anybody who wants to learn more about Energy Limiting Conditions - whether you live with an ELC yourself, you're supporting a loved one, or you work in the disability and/or equality sector. Throughout our time together we'll build on your understanding and ensure that the rapidly growing number of people living with fatigue and energy impairment are accurately represented and accounted for in your advocacy and the disability rights movement going forward.	
Access	BSL interpreter; Automated captions	
Organiser	Life Of Pippa  lifeofpippablog@gmail.com  @lifeofpipppa  Pippa Stacey  Pippa Stacey	 

Event	Eugenics: Past, Present and Future	
When & Where	Thursday 4th December 6.00pm - 7.30pm Online via Zoom	
Cost	FREE, please book via https://tinyurl.com/2p8ynzzu	
About	Join us online for a talk, followed by questions and discussion on the impact of eugenicist thinking on disabled people and other marginalised groups. Note that the session will contain some distressing content, with depictions & discussion of harm being done to disabled people and other groups so please take that into account when deciding whether to book	
Access	BSL interpreters; Automated captions; Audio description of slides. Please contact Leedsdpac@gmail.com for support on any access needs	
Organiser	York Disabled People Against Cuts and Leeds Disabled People Against Cuts  Leedsdpac@gmail.com  07513 090456	 

"... don't let anyone else make you hate yourself. Embrace your body, whatever shape it is and however it works, because it gives you this wonderful, crazy, beautiful, fleeting experience called life..."

Francesca Martinez, comedian and actress

Event	What has digital technology ever done for us? Successes and challenges for disabled and older people	
When & Where	Thursday 4th December 6.30pm - 7.30pm Online via Zoom	
Cost	FREE, book tickets online via https://tinyurl.com/DigiTechChallenges	
About	The digital revolution offers life-changing tools, such as Stephen Hawking's system and navigation aids, for disabled and older people. Yet many technologies, including the Web, still pose significant challenges or even cause isolation. This talk will explore the successes and failures of technology in this area and discuss strategies for a more inclusive future	
Access	Zoom automated captions	
Organiser	University of York Open Lectures - free open lectures, both in-person and online, run throughout most of the year on a wide variety of topics and aimed at a general audience.  york.ac.uk/events  naomi.richards@york.ac.uk @UoYEvents	 UNIVERSITY <i>of York</i>

"Inclusion has come to mean almost everything but the elimination of exclusion"

Sharon Rustemier, advocate for social/educational justice

Event	Hands and Voices Singing and Signing Choir
When & Where	Thursday 4th December 7.00pm - 8.30pm Marjorie Waite Court Community Hall, Evelyn Crescent, York, YO30 6DX 
Cost	FREE. Please book ahead by emailing hannah.hardcastle@aamedia.org.uk , call or text on 07762 428818 as spaces are limited
About	Hands & Voices is a singing and signing choir and was set up to help people with learning and communication difficulties take part in music and express themselves creatively. It is led by a vision that everyone should be equally valued, celebrated and challenged.
Access	Step free access; Wheelchair accessible toilets; Blue Badge parking
Organiser	Accessible Arts and Media   hannah.hardcastle@aamedia.org.uk  07762 428818  www.aamedia.org.uk  www.facebook.com/aamedia.org.uk/  @aamedia_org_uk  www.instagram.com/accessibleartsyork/  www.youtube.com/user/AArtsMedia



Event	Stories of Mental Health from York: Panel Discussion	
When & Where	Friday 5th December 9.30am - 11.00am Lifelong Learning Room, Borthwick Institute for Archives, University of York Library, University of York, Heslington, York, YO10 5DD.	
Cost	FREE, but places are limited and must be booked. To book your place, go to https://tinyurl.com/3v33xtxj or phone 01904 321166	
About	Last year, the Borthwick Institute received £9,000 from the University of York's Mentally Fit York Fund for the arts-based project 'Stories of Mental Health from York: Past, Present and Future.' Discover the project's achievements and join a discussion on how archives can shape future mental health policies.	
Access	The event will be held on the 3rd floor of the Borthwick Institute, inside the main University Library and with lift access. Step free access to the library building; Wheelchair accessible toilets; for Blue Badge parking see https://www.york.ac.uk/map/?facility=accessible-parking or phone the Transport Team on 01904 322049. The library is accessible from North & Central car parks (and from the bus stop on University Rd) via lifts as well as walkways	
Organiser	Borthwick Institute for Archives, University of York   borthwick-institute@york.ac.uk  01904 321166  https://www.york.ac.uk/borthwick/  https://www.facebook.com/UoYBorthwick/  @UoYBorthwick 	

Event	Living with Parkinson's	
When & Where	Friday 5th December 11.00am - 3.00pm The Spurriergate Centre, Saint Michael's Church, Spurriergate/Coney St, York, YO1 9QR	
Cost	FREE event, just drop in at any time.	
About	An information event for people affected by Parkinson's. As well as chatting to a range of advisers with specialist knowledge, visitors will also be able to meet local volunteers who are living with Parkinson's to learn about the wide range of support available here in York. Note: up to date information about which advisers will be around and when, will be available on https://www.yorkparkinsons.co.uk/	
Access	Step free access, Wheelchair access; Accessible toilets. For Blue Badge parking please check at https://www.york.gov.uk/AccessibleParking	
Organiser	Parkinson's UK - York Branch in partnership with York Teaching Hospital ✉ info@yorkparkinsons.co.uk ☎ 07943 137616 🌐 https://www.yorkparkinsons.co.uk/	 

"I often wished that more people understood the invisible side of things. Even the people who seemed to understand, didn't really."

Jennifer Starzec, writer and disability activist

Event	Stephen Unwin: Beautiful Lives – How We Got Learning Disabilities So Wrong	
When & Where	Friday 5th December 1.30pm - 3.30pm Marriott Room, York Explore Library and Archive, Library Square, York YO1 7DS	
Cost	FREE, but booking is required via www.tickettailor.com/events/exploreorklibrariesandarchives or phone: 01904 552828	
About	Playwright and director Stephen Unwin comes to York to discuss his book Beautiful Lives - How We Got Learning Disabilities So Wrong, acclaimed as “a landmark book” by The Guardian. Stephen explores the history of misunderstanding and marginalisation faced by people with learning disabilities, and shares his own experience as the father of a profoundly disabled son. This promises to be a moving, thought-provoking talk celebrating every human life, and a call to see the world differently. About Stephen Unwin: Stephen Unwin is a leading UK theatre and opera director, founder of English Touring Theatre, and a passionate advocate for the rights and dignity of people with learning disabilities.	
Access	BSL interpreter; Hearing loop; Step free access; Wheelchair accessible toilets; Blue Badge parking for 3 vehicles and for spaces elsewhere see www.york.gov.uk/AccessibleParking .	
Organiser	Explore York ✉ arts@explore.york.org.uk ☎ 01904 552828 📘 YorkExplore ✂ @RoseUnwin 📷 @exploreorklibraryandarchive @exploreorkarts   	

DISCOVER YORK WITH EASE

Shopmobility York offers mobility scooters, powerchairs, and wheelchairs for hire, helping both residents and visitors experience York's shops, attractions, and historic streets.

For over **26 years**, we've proudly supported our community with **reliable, easy-to-use equipment** — giving the **freedom to enjoy all that York has to offer**. Our service is open to everyone, from local residents who need regular assistance to visitors from around the world.



Whether you're running daily errands or sightseeing, **we've got you covered**.

SPECIAL OFFER FOR YORK DISABILITY WEEK:

Enjoy 10% off membership from 29th November to 6th December.

Free car parking at our city centre location

Reserve your spot by phone: 01904 679222 **or email:** enquiries@shopmobilityyork.org.uk

FREE RESOURCES ABOUT THE SOCIAL AND HUMAN RIGHTS MODELS OF DISABILITY

The social and human rights models of disability provide important frameworks for campaigners, policymakers and service providers to improve the lives of disabled people as equals. **York Disability Rights Fund (YDRF)** have pulled together a wide range of resources – diagrams, videos, articles etc - with help from University of York students. These accessible online resources are free for anyone to use: <https://ydrf.org.uk/social-model-of-disability/> So do use these resources and spread the word!



It has seven sections:

- Social Model of Disability
- Applications of the social model
- Human Rights model of disability
- Applications of the human rights model
- Legal rights in the UK
- Inclusive language (including accessible communication)
- Extra Resources

It can be added to so please send YDRF your suggestions for inclusion. Feedback is also welcome. **Email:** hello@ydrf.org.uk **Voicemail:** 01904 326781

WANT TO GET ONLINE OR IMPROVE YOUR DIGITAL SKILLS?

Digital Friendly York is a partnership of organisations which aims to give York residents the choice and opportunity to get online and know where to access any help they need. In early 2026, it will be running a series of Digital Support Roadshows across the city with bookable and drop-in sessions offering dedicated support in getting online. Get assistance, advice and answers to any questions you have about all things digital. For example we can help you set up your smart phone or tablet, sign-up to the NHS app or access the York Council website.

To find out more about Digital Friendly York contact Misoon El-Gomati on 07860 693602; or visit the Digital Friendly York page on www.livewellyork.co.uk.

Digital Friendly York Coder Dojo is a free monthly coding club aimed at inspiring young minds aged 7-17 to explore digital making. Held at Our Lady's Catholic Church, Acomb YO24 3DX and The Folk Hall, Hawthorn Terrace, New Earswick, YO32 4AQ. Booking is essential: so find out more at <https://tinyurl.com/2u24trfv> or email digital.inclusion@york.gov.uk

York Learning ICT and E-Learning team can help you improve your IT skills, at a pace that suits you. Starting with a personalised skills check we help you make sure we get you on the right course, class or workshop. We deliver friendly, relaxed, inclusive sessions across the city – and offer remote working too. We understand what it's like to be starting out, or feeling you don't know enough about IT. We know how to help you make progress, to get a professional qualification (if you wish) and to support you to get to where you want to be. Whether it's for work, to gain or improve your skills or a leisure interest we aim to help.

We also offer free sessions for **community groups, organisations or centres** looking for specific skills for their residents, service users or community. They can choose up to 3 skills from a wide menu (examples below), with each session lasting 30 minutes. York Learning brings the technology, the staff and the knowledge – the organisation brings their group.

How to use the NHS app	iPlayer or ITVX
How to use the First York bus app	How to use podcast services like BBC Sounds
How to video call like Zoom or FaceTime	How to use a music player like Spotify
How to send an attachment like a photo in an email	How to stay safe online - a beginners guide
How to use Google Maps for directions	How to use a smart device like Alexa or Google Home
How to use streaming services like BBC	

To find out more phone 01904 554277 or email york.learning@york.gov.uk

LET'S TALK MONEY

Building money conversations into our everyday lives can help us build the financial confidence and resilience needed to face whatever the future has in store. www.moneyhelper.org.uk has guides to help you start those conversations about money.

Feel comfortable and in control of your finances, whether it's for your day-to-day spending, or to see you through planned and unplanned events. Here are some easy steps to take:

- **Make sure you are getting all the financial support available:**
 - Use one of the free benefit checkers at www.york.gov.uk/BenefitsCalculator
 - Check the council's website for local support schemes, including Household Support Fund at www.york.gov.uk/benefits

Thousands in York are missing out on Pension Credit. You could be £100s better off every month. Find out more and how to claim at www.york.gov.uk/pensioncredit or call the Pension Credit claim line on freephone: 0800 99 1234.

- **Reduce your outgoings**, don't spend more than you have to on energy, water, mobile phones, broadband and insurance:
 - See how you can save on your bills
 - Use approved comparison websites
 - Talk to your existing suppliers about discounts and social tariffs

Find out more at www.LiveWellYork.co.uk/talkmoney

We don't want anyone to worry about paying for the water they need. Schemes such as Water Sure and Water Support can help. Find out more at www.yorkshirewater.com/bill-account/help-paying-your-bill/

Or call Yorkshire Water on 0345 1 299 299 to discuss the best way forward for you.

- **Don't struggle alone.** If you are unsure or need assistance with the things above, there is help across the city from council services and other local organisations.

Find out how to contact an advice service at www.york.gov.uk/benefitsadvice or **if you are not online** pick up a *Worrying About Money?* leaflet at your local library OR ask at local community centres OR phone the council's benefits adviser team on 01904 552044 and they can help put you in touch with the right people.



For more information visit:
livewellyork.co.uk/talkmoney

HOW TO FIND OUT ABOUT REGULAR ACTIVITIES AROUND THE CITY

Live Well York is a community website for adults in York. It includes information about a wide range of community activities and events, a directory of local services, information and advice pages including digital support.

Raise York is a community website for Families, children and young people. It includes information about a wide range of community activities and events, a directory of local services like childcare as well as a wide range information and advice pages like child development for 0-5 year olds.

York SEND Local Offer is a website that provides information on the support available to families, children and young people with Special Education Needs and/or Disabilities (SEND), with their education, health and care needs.

For information for all adults:

🌐 www.livewellyork.co.uk

For a conversation please contact Age UK York Information & Advice Team on

📞 01904 634061 or ✉ firstcall@ageukyork.org.uk

For information for families, children and young people:

📞 01904 554444 ✉ FIS@york.gov.uk 🌐 www.raiseyork.co.uk

For information on children with Special Education Needs and/or Disabilities (SEND):

✉ yorklocalofferSEND@york.gov.uk 🌐 www.yorksend.org

For information and advice for young people (16-25 year olds):

📞 01904 555400 ✉ YPSG@york.gov.uk

🌐 www.raiseyork.co.uk/young-people

For information about disability/inclusive sports:

🌐 <https://www.livewellyork.co.uk/leisure-activities-for-people-with-specific-needs/>

For information on accessibility details for some venues in York:

🌐 www.accessable.co.uk/organisations/city-of-york-council/

If you don't have internet access or a PC / laptop / tablet and are able to visit your local Explore Library, ask a staff member or volunteer there to help you.

If you need a PC/laptop/ tablet at home but are not able to purchase one then a Community Support Worker may be able to apply to the York IT ReUse scheme for you. If you don't have a Community Support Worker, phone 01904 551550 and ask to be put through.





York Disability Week

Promoting an equal, inclusive and accessible York.

29th November to 6th December 2025

In 1992, the UN General Assembly proclaimed 3rd December as an annual International Day of Persons with Disabilities. It promotes the rights and well-being of people living with impairments in all spheres of society, and increases awareness of their situation in every aspect of political, social, economic and cultural life. In other words, it promotes the social model of disability and recognises disability rights as human rights. Added to this has been the more recent development of Disability History Month which in the UK runs from mid November. A growing number of interested organisations and individuals have been coming together to celebrate International Day of Persons with Disabilities and Disability History Month in York in recent years, supported by York Human Rights City Network. This brochure showcases some of the wide-ranging events happening this year.

Image by Freddie Hirst, Disability and Friendship,
BBG Academy, Key Stage 3, Birkenshaw, UK.
Winner of the 2025 Eleanor Worthington Art Prize.

york
disability
week

20
25