

Springboard Project, A LUNA Project Activity.

Instructions...

Pick your starting point:

We have given you three different suggestions for starting points. Have a look and see which themes/medium interest you most, or you can use a different piece of work of your choosing.

Engage with your chosen piece:

Read it, watch it, listen to it, think about it, talk to the people around you about it, research around it.

Based on your research, create:

Whatever you would like! Here are some of our suggestions.

- An essay
- A photography series
- A video
- A report
- Some interviews
- Poetry
- Some artwork
- The plans for a social media campaign
- Or anything else!

We would love to see the work you create, and will publish, with credit and your permission, our favorites on our website. Please get in touch to share them with us at thelunaprojectuk@gmail.com.

Our three suggested starting points...

1. Ep.62 of the Disability Visibility Project: "Black Disabled Women In Media"
This podcast is a conversation between podcast host, Alica Wong, and Kym Oliver and Jumoke Abdullahi, who as a duo make up Triple Cripples

You can listen to the podcast here:

<https://disabilityvisibilityproject.com/2019/10/20/ep-62-black-disabled-women-in-media/>

And you can access the transcript here:

https://docs.google.com/document/d/1ZS2_HOrDtb-yBhkoxOBIDPyj2hi5ekR4w4t47eIUOaw/edit

Use this as a springboard to look into...

- Medical Racism
- Institutionalised racism in the UK
- The importance of representation
- The intersectionality of gender, race, and disability,
- Or, whatever it makes you think about!

2. Hannah Witton's "A roundtable discussion on disability and relationships"

This is a youtube video, which has captions, hosted by Hannah Witton. It is discussion on disability, relationships, and sex, with other disabled people, Arunima Misra, Jessica Kellgren Fozard, Charlie Willis, and Emily Rose Yates.

You can watch this on YouTube here: <https://www.youtube.com/watch?v=AvGNiwR57iI>

Use this as a springboard to look into...

- The importance of a curriculum that is inclusive and reflects YOU
- Stereotypes and prejudices towards disabled people
- The intersectionality of being Disabled and LGBTQ+
- Ableism and Internalised Ableism
- The intersection of Mental Health and Physical Health
- Or, whatever it makes you think about!

3. Matt Haig's "Reasons To Stay Alive"

This short novel is Matt Haig's first hand account of his experiences with depression and anxiety as a young person. It is split into really short chapters- some just a page long. This combined with his humour makes it really readable.

You can borrow this book from our lending library, your school library, local library, or buy it from your local bookstore. You can listen to the audiobook for free as part of your audible free trial!

Use this as a springboard to look into...

- Stigma and men's mental health
- The importance of sharing stories
- Stigma, medication, and depression
- Or, whatever it makes you think about!

Like we said before though, if you have something else you want to do yours on, then please do! It could be a book, video, podcast, photograph, piece of artwork, or anything else. Our Book Club and Lending Library is full of inspiration!