

# Spokz People Disability Resources

## Films and TV

*Many films show people with disabilities as criminals, psychopaths, evil, sad and lonely or the person who has overcome all odds to be 'normal'. Here are some films and documentaries that show a different side to disability:*

- **'Murderball'** – This is an exciting documentary by MTV about the USA and Canada Wheelchair rugby at the Paralympics with lots of personal stories intertwined.
- **'Coming Home'** - A woman whose husband is fighting in Vietnam falls in love with another man who suffered a paralyzing combat injury there. US film.
- **'Cast Offs'** – a UK drama series available on 4OD (Channel 4 on Demand) about 6 people with disabilities who get marooned on an island together. Drama starring actors who have a disability, not a disability drama designed to educate the nondisabled.
- **'Blind Young Things'** - Available on 4OD (Channel 4 on Demand) exploring how 3 visually impaired students adapt to the college's way-of-life, learning invaluable lessons, often the hard way, about improving their Braille, using a cane, cooking for themselves and the important issues that affect all teenagers: sex, love, partying and "what am I going to do with my life after I graduate?"
- Check out [www.disabilitymovies.com](http://www.disabilitymovies.com). They review lots of disability films to see if they are a sad cliché or offer a fresh and more real experience of disability. You can also sign up to review films yourself.
- **'Rust and Bone'** – about a woman who has an accident.

## Books/Articles/Magazines

*You can read parts of some books for free on Google Books. You can also find books cheaper than the list price on places like EBay and Amazon.*

- **Able magazine:** disability lifestyle magazine [www.ablemagazine.co.uk](http://www.ablemagazine.co.uk) which is aimed at adults and has lots of news and articles about new products, holidays and wellbeing. Colourful, modern and easy to read.
- There are lots of **autobiographies** available which can support you and help you to feel you're not alone as others are going through similar things as you. It is worth typing 'autobiography' and your disability into Amazon to see what's out there.
- **'Pride Against Prejudice - Transforming Attitudes to Disability' by Jenny Morris:** this is an old book (1991), but it's a great read. It's about transforming attitudes around disability, and is an excellent book which empowers people with disabilities. It has many personal examples which make the book easy to read and are very encouraging. It explores disability in western culture and how this impacts on many facets of your life. We would also thoroughly recommend it to able-bodied readers wanting to explore their feelings and associations around disability. It is thought-provoking, entertaining and activating, all at the same time! Easy to read as well.
- **'From Where I Sit' by Alison Davis:** Alison was born with spina bifida. Her book reveals in very personal, often funny and sometimes disturbing ways what life is like from the perspective of a wheelchair. A shorter read than Jenny Morris's book.

- **'Manhood' by Steve Biddulph:** "Most men don't have a life" is the dramatic opening to Steve Biddulph's bestseller Manhood. Exploring two critical social issues: establishing a healthy masculinity and how men can release themselves from suffocating and outdated social moulds, Biddulph addresses the problems and possibilities confronting men in their daily life. This edition has been revised and updated to meet the needs of younger men, who are struggling with these issues in the twenty-first century. This book can be helpful if you feel your disability negatively impacts on your masculinity.

### Self help books

- **'Feel the Fear and Do It Anyway' by Susan Jeffers:** practical self help book, not specifically about disability, but it looks at how to make changes in your life, how to deal with others around you when you change, how to say no, how to turn painful experiences into power and how to get more out of life. Easy to read and includes lots of exercises, summaries, diagrams and real life examples.
- **'The Ultimate Guide to Sex and Disability':** this covers pain, illness and disabilities and looks at myths around disability, desire and self-esteem, communication, health, sex with others and ourselves and has ideas around practical things like positions as well.
- **'Living with Physical Disability and Amputation' by Keren Fisher:** this book explores how we might think when we have a long-term disability and looks at challenging any negative thoughts we may have. It also looks at body image and self-esteem, as well as intimate relationships, sex and phantom sensations.
- **'The Confidence to Be Yourself' by Brian Roet:** how to boost your self-esteem is a book which explores where confidence comes from, how we lose it, how to assess where we are now and ways to improve it.

### Websites

*There are hundreds of websites dedicated to specific disabilities where you can find lot of practical information and support. Type your disability into the search bar of your search engine (e.g. Google, Yahoo, Ask) and see what pops up. If you can't find anything, contact us and we may be able to help. Here are a few general ones:*

- **BBC Health** [www.bbc.co.uk/health/emotional\\_health/](http://www.bbc.co.uk/health/emotional_health/) and **BBC Ouch!** [www.bbc.co.uk/ouch](http://www.bbc.co.uk/ouch) have lots of blogs, news, podcasts and interviews on various topics around disability.
- **[www.ableize.com](http://www.ableize.com)** is a directory for many different things.
- More information about the **Social Model of Disability** rather than the medical approach [www.inclusion.uwe.ac.uk/inclusionweek/articles/socmod.htm](http://www.inclusion.uwe.ac.uk/inclusionweek/articles/socmod.htm).
- **Join us on Facebook for more tips and resources:** [www.facebook.com/SpokzPeople](http://www.facebook.com/SpokzPeople) or find us on Twitter!