**Season 2 Episode 1 – With Dr Hannah Barham Brown**

00:00:05:11 - 00:00:11:23

Hello, hello, hello and welcome back to Season

Two of The Wheelchair Activist.

00:00:12:00 - 00:00:14:25

I am so excited to be starting Season

00:00:14:25 - 00:00:18:07

Two of this podcast

and I can't wait for you

00:00:18:07 - 00:00:21:09

to hear all of the amazing guests

that we have lined up.

00:00:21:18 - 00:00:23:21

This is a podcast hosted by me,

00:00:23:21 - 00:00:24:28

Emma Vogelmann,

00:00:24:28 - 00:00:27:12

where I talk to some amazing disabled people

00:00:27:17 - 00:00:30:22

and some amazing

allies of the disabled community.

00:00:31:07 - 00:00:34:02

Today I am talking to Dr.

00:00:34:02 - 00:00:37:04

Hannah Barham-Brown, who is the Deputy

00:00:37:04 - 00:00:40:06

Leader of the UK Women's Equality Party

00:00:40:06 - 00:00:45:20

and is a GP trainee. I'm

so excited to jump into this conversation

00:00:45:20 - 00:00:49:14

with Hannah and talk about

all of the amazing work that she does.

00:00:50:12 - 00:00:54:04

I know so many young people

with disabilities are told from almost

00:00:54:04 - 00:00:59:06

the day they're born that they're not expected

to achieve much, which drives me insane.

00:00:59:06 - 00:01:01:21

And so if I can help counter

that narrative,

00:01:02:19 - 00:01:04:23

I'm happy. I've done my job.

00:01:04:23 - 00:01:08:07

Most companies, when they put out

job adverts, are screaming out for

00:01:08:07 - 00:01:11:07

they want problem solvers

and team build workers, all that stuff.

00:01:11:09 - 00:01:16:14

And it's like, 'you want a disabled person,

then.' We don't have to approach politics

00:01:16:15 - 00:01:19:18

in a kind of like, barge in, win

all of the elections,

00:01:19:24 - 00:01:22:21

yell at the other parties,

get into government, scream at the prime

00:01:22:21 - 00:01:25:24

minister on PMQs every week

and then go away again.

00:01:25:24 - 00:01:27:20

Like,

we don't have to do politics that way.

00:01:27:20 - 00:01:29:10

We can shape it.

00:01:29:10 - 00:01:31:02

You know what, fine,

00:01:31:02 - 00:01:32:16

I'll tick your diversity quotas.

00:01:32:16 - 00:01:35:17

But while I'm here,

I'm going to kick your ass.

00:01:35:17 - 00:01:39:18

Hannah, thank you so much for joining us

on The Wheelchair Activist.

00:01:39:18 - 00:01:43:11

I've been so excited

to have this conversation with you

00:01:43:11 - 00:01:47:04

because I think you and I

are some of those people that, like,

00:01:47:04 - 00:01:52:05

we know each other on social media,

but we've never spoken before.

00:01:52:05 - 00:01:55:22

And it seems so odd

because we have so many shared interests.

00:01:55:22 - 00:01:59:00

I mean, just before we started recording

we talked about your t-shirt,

00:01:59:00 - 00:02:02:21

which is from the Spark Company,

which we both love, and it's like

00:02:02:27 - 00:02:04:28

become a uniform for us both.

00:02:04:28 - 00:02:07:15

But yeah, thank you so much for joining.

00:02:07:22 - 00:02:09:09

Honestly, it's an absolute pleasure.

00:02:09:09 - 00:02:12:19

I think what I've realized

since we started coming out of COVID,

00:02:12:19 - 00:02:15:21

I'm like seeing all these people

that I've seen on Zoom

00:02:15:21 - 00:02:17:10

or seen on social media and stuff

00:02:17:10 - 00:02:19:11

and then I'm realizing

that actually that's an experience

00:02:19:11 - 00:02:22:00

that as disabled people

we've had for years and years and years

00:02:22:08 - 00:02:26:27

because so many of our communities like meet

on social media and live in that space

00:02:26:27 - 00:02:30:19

and have done for far longer

than a pandemic, that actually I'm quite

00:02:30:19 - 00:02:35:10

used to like meeting people years

later and going, 'but I already know you...'

00:02:36:27 - 00:02:39:09

so yeah, it's really lovely.

00:02:39:09 - 00:02:43:09

Would you

be able to tell our wonderful audience

00:02:43:09 - 00:02:46:08

a little bit about you and what you do?

00:02:46:27 - 00:02:50:20

Oh, I mean, it's

probably quicker to tell you what I don't do so,

00:02:51:09 - 00:02:54:28

I'm Hannah Barham-Brown, I'm a GP registrar,

00:02:54:28 - 00:02:57:13

which means that I hopefully

will finish my training

00:02:58:19 - 00:03:01:03

February 2023 or something.

00:03:02:03 - 00:03:05:08

I took a quite scenic route into medicine

in that initially

00:03:05:08 - 00:03:06:18

I was going to be a war correspondent,

00:03:06:18 - 00:03:10:18

so I read English and Theology

with Arabic at Durham first.

00:03:11:18 - 00:03:14:06

Then my mum banned me because she said,

and I quote,

00:03:14:13 - 00:03:16:15

'You'll get shot

and end up in a wheelchair.'

00:03:18:01 - 00:03:19:19

So I'm not a war correspondent

00:03:19:19 - 00:03:22:25

because my mum wouldn't let me

and now I'm a wheelchair user anyway.

00:03:23:00 - 00:03:25:18

Oh my God, I love that so much.

00:03:26:13 - 00:03:27:29

I could have had such a great story.

00:03:27:29 - 00:03:29:13

Instead, I just have wonky joints.

00:03:29:13 - 00:03:31:03

So I was like, 'Come on.'

00:03:31:03 - 00:03:34:25

And so after Durham, I went and studied

pediatric nursing in Newcastle.

00:03:35:21 - 00:03:38:29

Then eventually got into medical school

at St George's in London

00:03:38:29 - 00:03:42:19

and did their postgrad medicine course

and it was all kind of going tickety-boo.

00:03:43:06 - 00:03:45:26

But in my penultimate year of study there,

00:03:46:26 - 00:03:49:23

I decided to run a half marathon

for the British Heart Foundation

00:03:49:24 - 00:03:53:14

as one of my brothers had sadly died

waiting for a heart transplant-

00:03:53:21 - 00:03:56:00

about to be re-listed

for a second heart transplant.

00:03:56:14 - 00:03:58:02

Um, so he died.

00:03:58:02 - 00:04:00:07

I decided I was going to raise

lots of money in his memory

00:04:00:07 - 00:04:02:18

and this is going to be

my magical processing thing.

00:04:04:00 - 00:04:07:27

And my kneecaps started dislocating like

disappearing round the back of my leg.

00:04:08:03 - 00:04:10:12

Other joints started really,

really misbehaving.

00:04:10:19 - 00:04:11:23

I'm incredibly stubborn.

00:04:11:23 - 00:04:15:10

So I ran the half marathon anyway

and seriously broke myself.

00:04:16:28 - 00:04:20:04

And eventually was diagnosed

with Ehlers-Danlos syndrome,

00:04:21:00 - 00:04:25:06

which anyone who doesn't know,

because quite a few doctors don't know,

00:04:26:03 - 00:04:30:12

is a collagen disorder that means my

joints can spontaneously dislocate for fun

00:04:31:16 - 00:04:31:26

and it

00:04:31:26 - 00:04:34:02

can, you

know, gradually degenerate a little bit.

00:04:35:00 - 00:04:37:22

So I'd started medical school

as a keen runner.

00:04:37:27 - 00:04:40:07

I graduated on wheels

00:04:40:07 - 00:04:43:05

because it just became really evident

that I wasn't going to cope with

00:04:43:07 - 00:04:47:01

like ward rounds and all that kind of very

active element of being a junior doctor.

00:04:47:14 - 00:04:49:20

And so I had to crowdfund

my own wheelchair.

00:04:50:02 - 00:04:52:23

Um all of that was happening

during the junior doctor's contract

00:04:52:23 - 00:04:55:13

dispute and being quite gobby

and liking comms and having

00:04:55:13 - 00:04:56:28

planned to be a journalist,

00:04:56:28 - 00:05:00:26

I got very involved in doing a

lot of media work around that, ended up

00:05:00:26 - 00:05:03:22

being kind of pulled in

by the British Medical Association

00:05:04:21 - 00:05:07:00

and got very heavily involved with them

00:05:07:06 - 00:05:12:09

and started using that organization

a little bit as a way to promote

00:05:12:09 - 00:05:16:18

some of the things I'd realized -

the problems - around disability rights.

00:05:16:18 - 00:05:19:06

So actually I think that's when you and I

first kind of really

00:05:19:14 - 00:05:20:28

got in contact was around

00:05:22:01 - 00:05:22:25

trying to make cervical

00:05:22:25 - 00:05:27:18

screening accessible in GP surgeries

because less than 1% of GP

00:05:27:18 - 00:05:30:23

surgeries have a hoist,

which is quite problematic

00:05:30:23 - 00:05:34:17

if you're one of the quarter of a million

hoist-dependent wheelchair users in the UK.

00:05:36:09 - 00:05:37:26

So you know,

00:05:37:26 - 00:05:41:12

so I did a lot of stuff with them

and then I, through my work with them,

00:05:41:12 - 00:05:45:24

I was asked to go and speak at the Women's

Equality Party Conference in 2018

00:05:46:04 - 00:05:48:26

on a panel about women in health

and women's health.

00:05:49:26 - 00:05:51:26

Turned up to be a speaker at a panel

00:05:52:15 - 00:05:56:07

at 9:00 that morning, left at half

four a full member of the party...

00:05:56:14 - 00:05:59:13

six months later

I was a local council candidate in Leeds

00:05:59:22 - 00:06:04:08

and yeah, within about a year

I became deputy leader of the party.

00:06:04:12 - 00:06:06:27

So I'm the first visibly disabled

00:06:07:17 - 00:06:11:12

deputy leader of a UK political party

ever that we know of,

00:06:11:14 - 00:06:13:14

which is kind of awesome,

00:06:13:14 - 00:06:17:00

and also really freaking annoying

that it's taken this long, right?

00:06:17:11 - 00:06:19:12

I shouldn't be the first.

There should have been many before me.

00:06:20:16 - 00:06:22:24

Um so yeah, I now spend

00:06:23:10 - 00:06:26:19

a couple of days a week

being a GP, learning how to be a GP.

00:06:26:19 - 00:06:30:20

I spend other time doing stuff

for the Women's Equality Party

00:06:30:20 - 00:06:34:12

and I just got back from a couple of days

in London working with them, and I also do

00:06:34:12 - 00:06:38:19

a lot of kind of speaking and consultancy

work nationally and internationally now

00:06:39:09 - 00:06:42:18

basically talking

to organizations, often companies

00:06:42:18 - 00:06:45:01

about why they should be employing

more disabled people

00:06:45:01 - 00:06:47:29

because we're freaking awesome

and they're fools not to.

00:06:48:22 - 00:06:50:02

So I have a lot of hats.

00:06:50:02 - 00:06:52:00

I'm also governor of the Motability Foundation,

00:06:52:00 - 00:06:54:15

so that's another thing

at the moment as well (laughs).

00:06:55:24 - 00:07:00:06

I think that's one of the best intros

I've ever had on the podcast.

00:07:00:06 - 00:07:05:11

And I think, you know, when I was planning this

episode, and to talk to you, I thought,

00:07:06:19 - 00:07:08:04

I don't even know where to start - do

00:07:08:04 - 00:07:12:12

I talk about her medical career

and all of the issues

00:07:12:12 - 00:07:16:13

I'm sure you've come across in that or do we

talk about your political career

00:07:16:13 - 00:07:21:07

and how interesting

and how involved you are with that.

00:07:21:07 - 00:07:26:06

But- so I think let's start

with a broader question.

00:07:26:07 - 00:07:27:26

This is a question that I ask

00:07:27:26 - 00:07:31:25

all of my guests, and I'm aware it's

a really big- it's quite a mean question.

00:07:32:03 - 00:07:35:14

But what does disability mean to you?

00:07:36:18 - 00:07:41:01

So disability to me

means approaching the world

00:07:41:12 - 00:07:43:17

in a different way

from a different viewpoint.

00:07:44:03 - 00:07:47:06

And I think that kind of difference

element is really

00:07:48:26 - 00:07:50:27

it's not that we're lesser,

00:07:51:15 - 00:07:55:19

it's not that we can't do things

it's just that we do things differently.

00:07:55:19 - 00:08:00:16

And I think that perspective

we bring is absolutely key.

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And it's something that more and more

00:08:02:10 - 00:08:05:25

organizations are starting to realize

that if they don't embrace it,

00:08:06:17 - 00:08:10:02

that they're missing out on, you know,

the purple pound and all that stuff.

00:08:10:02 - 00:08:13:23

They're also missing out

on a mine of problem-

00:08:13:23 - 00:08:19:06

solving expertise that we bring

because it's all we've ever known.

00:08:19:11 - 00:08:23:00

Like if you and I try and get across

London on the tube in a wheelchair

00:08:23:24 - 00:08:26:07

we can access, what,

less than a third of it?

00:08:26:07 - 00:08:27:15

Yeah, if that.

00:08:27:15 - 00:08:32:03

Exactly so we're constantly problem

solving every single day of our lives,

00:08:32:11 - 00:08:34:16

and that's a skill that, you know,

00:08:34:16 - 00:08:38:02

most companies, when they put out

job adverts are screaming out for.

00:08:38:02 - 00:08:41:03

They want problem solvers and team build workers and all this stuff.

00:08:41:03 - 00:08:44:24

And it's like, 'you want a disabled person

then' because we have no option.

00:08:45:00 - 00:08:47:00

We are like nature's problem solvers.

00:08:48:03 - 00:08:49:25

So to me it does mean difference,

00:08:49:25 - 00:08:54:00

but it also means kind of opportunity

and potential, and that's potential

00:08:54:00 - 00:08:57:00

I really hope more companies and society

00:08:57:00 - 00:09:00:02

in general start to recognize

and make the most of.

00:09:00:17 - 00:09:02:14

Yeah,

I mean, I completely agree with that.

00:09:02:14 - 00:09:05:17

I'm forever

saying that disabled people are the best

00:09:05:17 - 00:09:08:26

problem solvers

and creative problem solvers.

00:09:08:26 - 00:09:13:07

And I'm really interested

because obviously with medicine

00:09:13:07 - 00:09:17:25

and particularly being a GP-

and I should say that my,

00:09:17:26 - 00:09:19:22

my mum is a GP, so like,

00:09:19:22 - 00:09:23:20

I'm aware of the types of things that

you'll come into contact with every day.

00:09:23:20 - 00:09:28:06

But you know, you have someone coming in

with a list of symptoms

00:09:28:06 - 00:09:32:22

and it is essentially like a problem

to solve. It's a puzzle to solve.

00:09:32:22 - 00:09:35:23

So how has your disability

00:09:36:21 - 00:09:41:14

and your background of disability,

influenced your approach to medicine?

00:09:41:14 - 00:09:45:08

Because I'm just thinking what you said

that a lot of doctors don't know

00:09:45:08 - 00:09:49:27

about your condition and trust me,

they don't know about mine either.

00:09:50:03 - 00:09:53:22

But how does that- how does your disability

00:09:53:22 - 00:09:56:17

impact your approach to being a GP?

00:09:57:10 - 00:09:59:13

I love that description of what a GP is.

00:09:59:13 - 00:10:01:14

This is what I always try

and tell people. When I was a little kid

00:10:01:15 - 00:10:04:24

I wanted to be a detective

and now I feel like I basically am,

00:10:05:20 - 00:10:09:18

but I also get to do (muffled),

so I'm very pleased about this.

00:10:10:06 - 00:10:13:06

Yeah, there is a lot of detective

work in my job and there's a lot of kind

00:10:13:06 - 00:10:16:25

of like taking a whole list of stuff-

and people will come in, particularly

00:10:17:01 - 00:10:20:06

when they've waited months to see us

because we're so completely overwrought.

00:10:21:22 - 00:10:23:10

You know, they

will come up with a whole list and stuff

00:10:23:10 - 00:10:25:23

and it's our job

to kind of like sift out,

00:10:25:23 - 00:10:27:28

'what's the red herring?',

'what's linked to X?'

00:10:27:28 - 00:10:29:14

All these different tests we need to do.

00:10:29:14 - 00:10:31:07

And I love it for that. I love that bit.

00:10:31:07 - 00:10:35:12

I think the way that my disability impacts

on it is that I've got a really good

00:10:35:12 - 00:10:38:21

understanding of the importance

of that kind of holistic approach.

00:10:39:27 - 00:10:43:17

You know, I can appreciate that

actually as a disabled person,

00:10:43:17 - 00:10:47:11

so many things feed into my health

every single day.

00:10:47:11 - 00:10:48:27

Like, I know that if I'm going to

00:10:48:27 - 00:10:53:11

get down to London and do a ten mile

protest role one day, I'm going to have to

00:10:53:16 - 00:10:56:15

like think about how I structure

the rest of my week around that.

00:10:56:23 - 00:11:00:27

I'm going to have to plan for the kind of

unplannable almost with my symptoms and,

00:11:01:06 - 00:11:02:28

you know,

make sure I've got medications with me

00:11:02:28 - 00:11:04:15

and make sure my team know

when I need to just lie

00:11:04:15 - 00:11:06:20

down and put my legs in the air -

and all that sort of stuff.

00:11:06:20 - 00:11:08:14

So I think that kind of comes into it.

00:11:08:14 - 00:11:11:13

I think it's really changed

how I communicate

00:11:11:13 - 00:11:14:13

with my patients

and how my patients communicate with me.

00:11:15:20 - 00:11:17:23

So, you know, I am very

00:11:17:23 - 00:11:21:00

open about saying, you know, 'what impact

is this having on you every day?'

00:11:21:00 - 00:11:22:20

Like how,

00:11:22:20 - 00:11:26:05

'what things are you actually struggling

with on a day to day basis

00:11:26:12 - 00:11:27:18

that we can try and change?'

00:11:27:18 - 00:11:30:29

Because I think particularly

when it comes to disabilities

00:11:30:29 - 00:11:33:10

that require, you know, mobility aids

and that sort of thing,

00:11:34:15 - 00:11:36:27

a lot of people expect

a doctor to magically go,

00:11:37:04 - 00:11:40:26

'and now you need a wheelchair

and it shall be provided to you.'

00:11:41:11 - 00:11:45:13

And like,

so many people don't use mobility aids

00:11:45:13 - 00:11:47:19

because they're waiting for somebody

to give them permission

00:11:48:02 - 00:11:49:29

they're waiting for somebody

to kind of go,

00:11:49:29 - 00:11:52:15

'have you considered using a walking stick?'

00:11:52:15 - 00:11:56:22

But that's not a conversation

we as doctors are trained to have

00:11:57:27 - 00:12:00:20

or necessarily think about having

because we assume that somebody else

00:12:00:20 - 00:12:03:13

is gonna do it like an occupational therapist

or physio or something like that.

00:12:04:24 - 00:12:07:14

And so that's something

I think I'm far more keyed into

00:12:07:15 - 00:12:09:10

and you know, most weeks

I'll talk to somebody

00:12:09:10 - 00:12:11:29

who's really struggling

with their mobility and it's like,

00:12:11:29 - 00:12:15:08

'what is stopping

you getting a walking stick?'

00:12:16:16 - 00:12:20:17

Like 'what is scaring you about this'

or 'what is putting you off?'

00:12:20:17 - 00:12:23:09

'Or is it just that you needed somebody

to suggest it to you?'

00:12:23:19 - 00:12:27:00

You know, 'what are the things the small,

apparently small, things that we can do

00:12:27:01 - 00:12:29:01

that could make a huge improvement on your life?'

00:12:29:01 - 00:12:30:15

And I think it's really changed my way

00:12:30:15 - 00:12:32:26

of thinking around that

because I had so many medics

00:12:32:26 - 00:12:36:02

when I first got my wheelchair going,

'Oh, you don't need one of those.'

00:12:36:07 - 00:12:40:15

'Oh, you sure that's a good idea?' You know,

'do you want to get into that so soon?'

00:12:41:03 - 00:12:44:07

And I was like, 'yeah, because actually,

for me, it's a quality of life thing.'

00:12:44:12 - 00:12:47:23

Like, I grew up around wheelchairs,

my mum's a wheelchair user.

00:12:47:23 - 00:12:51:02

So for me, getting a wheelchair

was not like an admission of defeat.

00:12:51:03 - 00:12:55:13

It was a 'I want to go and have this

incredible life I worked so hard to get.

00:12:56:01 - 00:12:58:21

And I'm

not going to let my disability stop

00:12:58:21 - 00:13:01:05

that, and if a wheelchair is what I need...

00:13:01:16 - 00:13:03:07

I'll get a bloody wheelchair!'

00:13:03:07 - 00:13:06:09

Um, so I think it's really shaped the way

I have those conversations and it's

00:13:06:09 - 00:13:10:05

shaped the way that people engage with me

because patients look at me in this

00:13:10:05 - 00:13:12:12

like, 'you have clearly seen a doctor

before in your life.

00:13:12:22 - 00:13:15:15

You know what it's like to be

on the other side of this conversation.'

00:13:15:27 - 00:13:19:02

And so people will come in and immediately

go, 'What happened to you then?'

00:13:20:23 - 00:13:21:24

But most of the time and like

00:13:21:24 - 00:13:23:17

- that's one of those things

that, you know, us disabled

00:13:23:17 - 00:13:25:20

people are just like,

'Oh, God, don't ask. That's

00:13:25:20 - 00:13:28:03

so inappropriate. Leave us the hell alone.'

00:13:28:15 - 00:13:33:01

But actually in my work context, that's

them trying to level the playing field.

00:13:33:15 - 00:13:34:15

That's them going,

00:13:34:15 - 00:13:37:20

we're coming in with a massive power

imbalance, and this is me acknowledging

00:13:37:20 - 00:13:42:22

that actually you get this

and trying to kind of like re, rebalance

00:13:42:22 - 00:13:46:20

that a little bit,

emphasizing that you- you are on a par with me.

00:13:47:07 - 00:13:51:03

I don't mind that at all in the workplace

and I've got my kind of set answers.

00:13:51:03 - 00:13:52:02

But it does

00:13:52:02 - 00:13:52:21

it really does

00:13:52:21 - 00:13:53:03

impact

00:13:53:03 - 00:13:54:14

the way that my patients engage with me

00:13:54:14 - 00:13:57:25

and I think they're a lot more open

with me sometimes as a result because

00:13:58:15 - 00:14:01:16

very little surprises me anymore. (laughs)

00:14:02:11 - 00:14:05:10

I think that's so, so interesting.

00:14:05:14 - 00:14:10:26

And a couple of things, like, that

came to mind while you were speaking.

00:14:10:26 - 00:14:16:02

I mean, I don't know if you listen

but we did an episode with Nina Tame

00:14:16:02 - 00:14:21:16

and she was talking about her experience

of becoming a wheelchair user

00:14:21:16 - 00:14:25:07

and sort of her internalized ableism

and the reluctance around

00:14:25:11 - 00:14:28:19

using a wheelchair

or any type of mobility aid.

00:14:28:19 - 00:14:33:29

And doctors sort of saying to her,

you know, 'well, at least you can still

00:14:33:29 - 00:14:38:07

walk', you know, with crutches and things

like that instead of using a wheelchair,

00:14:38:07 - 00:14:42:00

which exactly, as you said,

improved her quality of life.

00:14:42:08 - 00:14:48:05

And I had a really similar experience

with my trache and ventilator.

00:14:48:09 - 00:14:52:08

You know, doctors,

have sort of, you know, said to me

00:14:52:21 - 00:14:57:18

like various plans to eventually,

you know, ween me off it or not

00:14:57:18 - 00:15:02:05

have the trache anymore where actually

it has massively improved my

00:15:02:05 - 00:15:06:17

quality of life, has, exactly as you said,

allowed me to live the life

00:15:06:17 - 00:15:10:23

that I've worked

really goddamn hard to achieve.

00:15:10:24 - 00:15:13:27

So I think that that's

a really interesting way

00:15:13:27 - 00:15:17:04

that you're approaching

those conversations with patients.

00:15:17:04 - 00:15:22:10

And just on your point around asking,

you know, 'well, what happened to you?'

00:15:22:11 - 00:15:28:03

It never occurred to me

that in your situation with patients,

00:15:28:08 - 00:15:33:09

you're addressing that power imbalance

and I think that that's so interesting

00:15:33:09 - 00:15:37:11

because people don't often

think of it in that way.

00:15:37:11 - 00:15:37:26

I think, you know,

00:15:37:26 - 00:15:42:27

particularly with disabled people -

and this could just be my experience -

00:15:42:27 - 00:15:47:19

but you sort of imagine yourself

when dealing with a non-disabled person

00:15:47:19 - 00:15:50:22

as, 'oh, the power imbalance is against me.'

00:15:50:24 - 00:15:51:21

Yeah.

00:15:51:26 - 00:15:54:18

But you're in a position of, you know,

00:15:54:18 - 00:15:58:02

authority and expertize

when you're dealing with patients.

00:15:58:02 - 00:16:00:11

So that's so interesting to me.

00:16:00:12 - 00:16:03:08

That you view it as tipped in your favour

00:16:03:18 - 00:16:06:23

and you're trying to make patients

feel more comfortable.

00:16:07:06 - 00:16:07:26

Definitely.

00:16:07:26 - 00:16:09:11

I think it's

00:16:09:11 - 00:16:12:13

I think people kind of perceive

and there's that internalized feeling

00:16:12:13 - 00:16:14:04

that we have as disabled people often that

00:16:14:04 - 00:16:16:24

we don't have the power, that we're always

going into those relationships,

00:16:16:24 - 00:16:19:26

as you say, kind of like on the back foot

- the back wheel, you know.

00:16:20:12 - 00:16:22:24

So there's always

that kind of like internalized,

00:16:22:24 - 00:16:23:11

'Oh, goodness.'

00:16:23:11 - 00:16:26:28

They just- I mean, I think a lot of us

do this in the activism spheres as well,

00:16:26:28 - 00:16:31:16

It's like, 'oh, they've got us in

as the token disabled person' like-

00:16:31:24 - 00:16:32:07

Yep.

00:16:32:07 - 00:16:35:02

Yeah that kind of like, you know, we're there

to tick that box for them.

00:16:35:02 - 00:16:38:05

And that's something

I've had to really work on because I'm

00:16:38:05 - 00:16:41:05

hyper aware that

a lot of the opportunities I've got, and

00:16:41:05 - 00:16:45:05

I've been given, have been because I

am the only disabled person in the room.

00:16:45:05 - 00:16:46:06

But also it's because I'm

00:16:46:06 - 00:16:50:15

a disabled person who's actually saying

all the stuff that needs to be said.

00:16:50:15 - 00:16:52:06

And who's like kind of going,

'You know what?

00:16:52:06 - 00:16:55:04

I don't care if you don't like me

by the end of this conversation,

00:16:55:08 - 00:16:57:08

you are at least

gonna listen to what I have to say.'

00:16:58:15 - 00:17:00:27

And doing that is quite scary.

00:17:00:27 - 00:17:03:27

But I think, you know, a lot of us

do = kind of sit there going, 'Would

00:17:03:27 - 00:17:06:16

you be asking me to do this

if I wasn't in a wheelchair?'

00:17:06:24 - 00:17:09:01

'Am I ticking your diversity quotas?'

00:17:09:01 - 00:17:10:28

And it's a horrible feeling,

but at the same time,

00:17:10:28 - 00:17:14:12

I'm kind of trying to make myself go,

'you know what, fine,

00:17:14:16 - 00:17:17:27

I'll tick your diversity quotas, but while

I'm here, I'm going to kick your ass.' (laughs)

00:17:19:14 - 00:17:20:09

Oh, my God.

00:17:20:09 - 00:17:22:07

If that's not the title of this episode,

00:17:22:07 - 00:17:25:15

I'm going to be so angry.

00:17:26:12 - 00:17:27:05

Yeah.

00:17:27:05 - 00:17:29:26

Ass-kicking is, ironically,

something I quite enjoy doing,

00:17:29:26 - 00:17:32:02

which, given my legs

aren't very good, is quite impressive.

00:17:32:09 - 00:17:36:21

And I want to, like, talk to you-

so you mentioned about,

00:17:36:27 - 00:17:41:16

you know, sort of eventually

using mobility aids and things.

00:17:41:16 - 00:17:47:07

But when you decide, well, no,

let me rephrase... when your mom told you,

00:17:47:07 - 00:17:49:19

you could not be a war correspondent

00:17:50:17 - 00:17:52:25

and you wanted to go into medicine.

00:17:53:05 - 00:17:54:21

I think so

00:17:54:21 - 00:17:58:06

many disabled people will think

00:17:58:13 - 00:18:02:24

that they could be really good at that

because of this

00:18:03:00 - 00:18:06:28

feeling, like this

inherently learned skill of

00:18:07:14 - 00:18:10:24

empathy and understanding -

that patient perspective.

00:18:10:24 - 00:18:13:03

As you mentioned, you know, people know,

00:18:13:10 - 00:18:17:11

'Yes, you've seen the doctor

and you know what that experience is like.'

00:18:17:11 - 00:18:22:04

But how did you manage and are still

managing sort of the training

00:18:22:18 - 00:18:26:21

of being a doctor

and going through all these various rounds

00:18:26:21 - 00:18:30:28

and rotations

and all of that as a disabled person?

00:18:31:16 - 00:18:36:22

So it's been incredibly hard

and when- I get a lot of disabled people

00:18:36:22 - 00:18:37:24

asking me, reaching out on

00:18:37:24 - 00:18:40:00

social media,

all this stuff, asking me how I do it

00:18:40:00 - 00:18:43:06

and asking me whether it's worth trying

and all this kind of stuff because you're

00:18:43:06 - 00:18:48:04

right, like, when you spent as much time

being a 'patient' in big inverted commas,

00:18:48:11 - 00:18:50:03

you learn how the systems work

and you sit there

00:18:50:03 - 00:18:52:11

and you go, 'Yeah,

I could do that actually.'

00:18:52:11 - 00:18:55:27

Um, and I think it's really important

that we have that representation.

00:18:55:27 - 00:18:59:22

Like the NHS is there to serve

the whole population - that includes us.

00:18:59:28 - 00:19:02:03

And if we don't have disabled

people on the staff,

00:19:02:03 - 00:19:05:11

then we're not going to understand

a vast group of our patients.

00:19:05:16 - 00:19:07:01

Like, it's that simple.

00:19:07:01 - 00:19:08:24

We need representation

to do our job right.

00:19:10:07 - 00:19:11:25

And there's loads of small examples of that.

00:19:11:25 - 00:19:14:28

But I think in a way I was incredibly,

incredibly

00:19:14:28 - 00:19:17:29

privileged because I went in

to medical school, to nursing

00:19:17:29 - 00:19:23:01

and then medical school, as what I thought

was a non-disabled person you know?

00:19:24:18 - 00:19:28:08

And so by the time I became disabled

or my disability

00:19:28:08 - 00:19:30:19

decided to rear its ugly

head in a proper way,

00:19:32:01 - 00:19:33:13

I was already there.

00:19:33:13 - 00:19:34:13

I was already doing it.

00:19:34:13 - 00:19:36:29

And I think as a result,

my medical school,

00:19:36:29 - 00:19:39:11

because med schools get funding based on

how many people

00:19:39:11 - 00:19:41:16

they get through the course,

not just whether you go in.

00:19:41:23 - 00:19:43:05

They wanted me to graduate.

00:19:43:05 - 00:19:46:23

They put a lot of time and money

into training me, so rightly so.

00:19:46:23 - 00:19:47:25

So they had that impetus

00:19:47:25 - 00:19:50:24

to kind of support me through it,

which they did fantastically.

00:19:50:24 - 00:19:52:02

I can't fault them on that.

00:19:53:05 - 00:19:56:05

But also I'd worked bloody hard

and I was going to make it happen,

00:19:56:05 - 00:19:59:15

but I very quickly

came up against this realization.

00:19:59:15 - 00:20:01:28

I have never seen a doctor

in a wheelchair before.

00:20:03:15 - 00:20:07:00

And like there were mumblings, because

my medical school was within a hospital,

00:20:07:00 - 00:20:10:01

so there were grumblings

that there had been a guy once

00:20:10:11 - 00:20:13:24

who was a wheelchair user, and somebody

had seen him coming out of an ambulance

00:20:13:24 - 00:20:15:12

with a patient transfer once.

00:20:15:12 - 00:20:17:22

And like everywhere

I went, I kind of hear about this random

00:20:17:22 - 00:20:21:18

guy who once worked in the emergency

department who is a wheelchair user.

00:20:21:18 - 00:20:23:10

Like these kind of mythical terms.

00:20:23:10 - 00:20:25:15

He's like some sort of disability unicorn.

00:20:25:22 - 00:20:27:26

It's like a Loch Ness monster type

00:20:27:26 - 00:20:28:19

of thing.

00:20:29:05 - 00:20:31:07

'Oh, there's been another guy. You'll be OK.'

00:20:31:07 - 00:20:33:18

I'm like, 'I'll be OK on my own back.

Thank you.

00:20:33:18 - 00:20:35:23

I don't need some man to have done it first.'

00:20:35:23 - 00:20:38:11

(sing-song) Angry feminist moment.

00:20:38:22 - 00:20:40:05

Um like-

00:20:41:07 - 00:20:44:12

That's my brand. Keep it coming.

00:20:44:12 - 00:20:48:03

Um so, yeah, I kind of realized

I didn't know any- Twitter

00:20:48:03 - 00:20:49:18

was an absolute godsend for me then.

00:20:49:18 - 00:20:54:12

Cos I found like one or two who'd, like,

become disabled once they were qualified.

00:20:54:12 - 00:20:55:06

And so, all this sort of stuff.

00:20:55:06 - 00:20:58:02

So I knew that there were

maybe a couple out there,

00:20:59:08 - 00:21:01:14

but it meant I felt like I was literally

00:21:01:14 - 00:21:04:05

reinventing the wheel, particularly

when I qualified,

00:21:05:03 - 00:21:09:08

because, like the hospital I trained,

I did my first year of placement -

00:21:09:16 - 00:21:11:13

they'd never had a doctor in a wheelchair

before.

00:21:11:13 - 00:21:13:04

They weren't sure how to do it.

00:21:13:04 - 00:21:15:14

Nobody told me that I could train

less than full time.

00:21:15:26 - 00:21:18:28

So I went into my first job trying to work

full time

00:21:19:29 - 00:21:21:26

and I, you know, just doing things

like the commute.

00:21:21:26 - 00:21:25:00

I couldn't afford a car when I first

started, so I was trying to commute on a train.

00:21:25:06 - 00:21:28:26

We all know how entertaining it is,

trying to use a train as a wheelchair user

00:21:28:26 - 00:21:30:06

and I was doing it twice a day.

00:21:31:06 - 00:21:32:21

It was horrific.

00:21:32:21 - 00:21:35:04

And then just wheeling up the hill

from the station to the hospital -

00:21:35:04 - 00:21:36:28

I was broken and by the time I got to work.

00:21:36:28 - 00:21:39:22

So it was really hard.

It was really, really hard.

00:21:39:22 - 00:21:43:25

And I was constantly having to negotiate

and like work out

00:21:43:25 - 00:21:47:07

what reasonable adjustments I needed

because I think a lot of people expect us

00:21:47:07 - 00:21:50:01

to turn up with a list of going,

'You need to do this,

00:21:50:01 - 00:21:51:24

this, this, this, this,

and then I can work for you.

00:21:51:24 - 00:21:53:25

And that's the end of it.'

That's never the end.

00:21:54:04 - 00:21:57:01

That's the beginning

of an ongoing conversation around,

00:21:57:02 - 00:21:59:05

you know, the facilities

and all that sort of stuff.

00:22:00:25 - 00:22:04:01

But we, both me and the people

that were employing and training me

00:22:04:01 - 00:22:07:13

were coming from a place of next

to no knowledge and experience.

00:22:07:13 - 00:22:10:14

And I was still new to being on wheels

at that point anyway.

00:22:10:20 - 00:22:13:11

So I was learning as I went

and trying to learn to be a doctor.

00:22:13:24 - 00:22:15:09

So it was really hard.

00:22:15:09 - 00:22:18:27

And I very quickly

went down to like 80% training,

00:22:18:27 - 00:22:22:00

so four days a week

and then down to- I'm now at 60,

00:22:23:04 - 00:22:25:10

so I work three days a week clinically

00:22:25:10 - 00:22:28:14

and that's taken

a lot of kind of trial and error

00:22:28:15 - 00:22:32:07

and I've swung around

how much I work throughout my training.

00:22:32:14 - 00:22:34:24

We've had to think about which rotations

I can do.

00:22:35:21 - 00:22:38:22

You know, I went into medical school

wanting to be a pediatric plastic surgeon,

00:22:39:15 - 00:22:43:13

specifically burns plastics because,

you know, I'd really planned my life

00:22:44:19 - 00:22:47:07

and I never wanted to be a GP

00:22:47:07 - 00:22:50:23

and so many people have kind of gone to me,

'oh your GP because you're disabled',

00:22:52:11 - 00:22:54:08

which at least makes a change

from the normal thing

00:22:54:08 - 00:22:57:23

you get as a woman in GP, which is, 'is it

because you want to have children?'

00:22:59:15 - 00:23:00:12

Ugh, yes.

00:23:00:12 - 00:23:02:02

All the time. All the time.

00:23:02:02 - 00:23:05:11

Um so- but it wasn't about that at all.

00:23:05:12 - 00:23:10:06

Like I really wanted to do A&E - when I was

on my A&E job I absolutely loved it.

00:23:10:06 - 00:23:12:11

The only thing that stopped me

was the rotas

00:23:12:11 - 00:23:15:29

because I can't swing between night shifts

and day shifts for the rest of my life.

00:23:15:29 - 00:23:17:00

My body hates it.

00:23:18:00 - 00:23:19:23

But actually

general practice really suits me

00:23:19:23 - 00:23:22:03

because not only am I a wheelchair user,

I have ADHD.

00:23:22:15 - 00:23:27:16

And so having a new shiny thing,

i.e. patient, come in every 10 minutes

00:23:27:25 - 00:23:32:07

needing something new is perfect

for the way my brain works.

00:23:32:21 - 00:23:35:03

So I think, you know,

I've had to learn how to do it.

00:23:35:03 - 00:23:37:07

My cat is currently trying to climb

into a tortoise cage

00:23:37:07 - 00:23:39:15

next to me. It's always chaotic,

00:23:40:23 - 00:23:43:12

But yeah,

so I've had to kind of like learn

00:23:43:12 - 00:23:46:01

how to work my career

around my body and my brain.

00:23:47:13 - 00:23:49:23

And that's kind of what I always say

to people when they're talking about

00:23:49:24 - 00:23:53:11

wanting to go into medicine is

have a go at everything.

00:23:53:11 - 00:23:57:09

Never expect to end up in one place

and feel

00:23:57:09 - 00:23:59:16

like you're going to be disappointed

if you go somewhere else.

00:23:59:28 - 00:24:03:13

Because all the perceptions

I had of a medical career

00:24:03:28 - 00:24:06:23

when I first went to medical school-

I thought all doctors were saints.

00:24:07:00 - 00:24:07:19

I thought they were like

00:24:07:19 - 00:24:10:24

the nicest people on Earth

because I'd only ever met nice doctors.

00:24:10:29 - 00:24:12:18

I can tell you some of them are arseholes.

00:24:12:18 - 00:24:14:26

Like (muffled)

00:24:14:26 - 00:24:16:19

Yeah...

00:24:16:19 - 00:24:21:11

Um so I think, you know, that's- it's

been a lot of learning and unlearning

00:24:21:11 - 00:24:26:14

and negotiation, but it is possible.

I think it just takes a lot of res-

00:24:26:21 - 00:24:30:23

I hate the word resilience,

but it does take a lot of determination to

00:24:32:06 - 00:24:34:11

advocate for yourself in a career

00:24:34:11 - 00:24:37:14

but actually, as a doctor,

we advocate for patients every day.

00:24:37:24 - 00:24:40:25

So advocating for yourself should kind of

00:24:40:25 - 00:24:43:00

come as second nature, one would hope.

00:24:43:26 - 00:24:45:23

But it's not always easy.

00:24:45:23 - 00:24:48:20

Yeah, I think it's really interesting

00:24:48:20 - 00:24:51:12

what you said there because I think,

00:24:51:26 - 00:24:56:00

you know that it's really applicable

to so many people.

00:24:56:00 - 00:25:01:06

When you go into a job thinking that you

want to do this particular branch of it

00:25:01:10 - 00:25:05:10

and then you decide

that something else actually works

00:25:05:10 - 00:25:07:14

better for you, either

because you enjoy it

00:25:07:14 - 00:25:11:07

more, it suits your lifestyle

or in our case, disability.

00:25:11:07 - 00:25:16:24

And I've talked in previous episodes

about how I went into

00:25:17:01 - 00:25:21:09

law school - so, different to medical school,

but, you know, comparable -

00:25:21:09 - 00:25:25:18

and thinking I wanted to be a human rights

barrister and then,

00:25:25:18 - 00:25:30:14

you know, sort of realised through various,

you know, paths and avenues

00:25:30:14 - 00:25:34:08

that actually the charity

sector suits me really well.

00:25:34:08 - 00:25:36:04

And suits my skill sets.

00:25:36:04 - 00:25:38:26

Suits my disability and all of that.

00:25:38:26 - 00:25:42:22

And I think what you said there

about not thinking you failed

00:25:43:00 - 00:25:48:05

when- if you didn't go into the first path,

I think is really, really important

00:25:49:06 - 00:25:50:09

for so many people.

00:25:50:09 - 00:25:55:16

But your point about, sort-

you didn't use this phrase,

00:25:55:16 - 00:26:00:00

but essentially reasonable adjustments

that you need on a job.

00:26:00:00 - 00:26:04:02

I think it's really difficult

for disabled people

00:26:04:02 - 00:26:08:29

because as much as we are problem

solvers, like we've talked about, sometimes

00:26:09:09 - 00:26:13:18

we don't know what the reasonable

adjustments are that we need

00:26:13:18 - 00:26:18:07

and people expect us to be the experts

and to know that.

00:26:18:07 - 00:26:22:14

So it can be really difficult

when you're having those conversations

00:26:22:15 - 00:26:25:08

with an employer

but I think your point about it

00:26:25:16 - 00:26:29:08

being trial and error

and figuring it out along

00:26:29:08 - 00:26:33:13

the way is an important lesson,

I think, for all disabled people.

00:26:33:13 - 00:26:35:22

To sort of take away and learn.

00:26:36:03 - 00:26:36:12

Yeah.

00:26:36:12 - 00:26:40:21

I say to every everyone basically

going into employment with a disability,

00:26:40:21 - 00:26:44:18

my my golden rule is right, go -

before you start - like go

00:26:44:18 - 00:26:47:29

and have a roll around, feel like

the Queen, you know, have a roll around,

00:26:48:04 - 00:26:50:27

see what it's like, work out

what some of the challenges may be

00:26:51:04 - 00:26:53:21

and kind of try and preempt some of those,

but don't beat yourself up

00:26:53:21 - 00:26:55:21

thinking you need to do it all

cos you're not going to,

00:26:56:03 - 00:26:59:07

and ensure that it's the beginning

of an ongoing conversation.

00:26:59:15 - 00:27:03:08

So book in, you know, a meeting, two weeks

into the beginning of your job

00:27:03:17 - 00:27:06:16

to say, 'look, can we just go over

the reasonable adjustments we've made, see

00:27:06:16 - 00:27:09:15

if there's anything else that's come up,

anything I've thought of that might help'

00:27:10:09 - 00:27:11:24

use those problem solving skills

00:27:11:24 - 00:27:13:13

we're all so good at,

00:27:13:13 - 00:27:17:21

but give yourself the time to work

that out and don't feel rushed into that.

00:27:18:00 - 00:27:20:04

And actually that's what employers

want to hear as well.

00:27:20:04 - 00:27:22:09

A lot of the time

I'm speaking to employers

00:27:22:09 - 00:27:24:09

and they're just like,

'What do we do? Like, how do we help?

00:27:24:09 - 00:27:25:12

Because they give us a list and

00:27:25:12 - 00:27:27:08

we do it and then it doesn't work.

00:27:27:08 - 00:27:30:16

You know, how do we encourage them to

come back?' and it's like: make the appointment.

00:27:30:20 - 00:27:34:19

Like plan it in, make it

a routine thing that you follow up.

00:27:34:19 - 00:27:37:03

And if it's a lovely conversation

where you go, 'I'm getting on fine.

00:27:37:03 - 00:27:39:29

Thank you so much. Tatty bye bye.' Great.

00:27:40:11 - 00:27:42:28

You've given yourself an extra 15 minutes

for another good coffee.

00:27:43:14 - 00:27:45:19

But if it's a, 'actually I'm

struggling with this,

00:27:45:19 - 00:27:48:00

this and this', you've given them

the avenue to talk about that.

00:27:48:29 - 00:27:49:19

So I think

00:27:49:19 - 00:27:52:20

we need to stop seeing reasonable

adjustments as a quick fix.

00:27:52:20 - 00:27:54:00

Let's do this.

00:27:54:00 - 00:27:54:26

We also need to start

00:27:54:26 - 00:27:59:01

actually acknowledging that,

you know, in health care, 55% of doctors

00:27:59:01 - 00:28:02:11

get the reasonable adjustments

they need. Only 55%.

00:28:03:15 - 00:28:04:15

You know, so-

00:28:04:15 - 00:28:05:06

Wow.

00:28:05:06 - 00:28:05:29

Yeah,

00:28:06:20 - 00:28:08:25

because there's actually no kind of

00:28:08:25 - 00:28:12:28

legal time

limit on how fast people need to provide

00:28:12:28 - 00:28:16:01

said reasonable adjustments and, as doctors,

we rotate a lot.

00:28:16:13 - 00:28:19:01

So you can find that actually, by the time

the reasonable adjustments

00:28:19:01 - 00:28:20:10

have been brought in,

00:28:20:10 - 00:28:23:13

you are in a completely different job

in a different hospital.

00:28:23:13 - 00:28:25:29

So you know, there's lots

of these kind of conversations to have.

00:28:25:29 - 00:28:30:01

But I think as disabled people,

we need to normalize

00:28:30:27 - 00:28:33:06

making it an ongoing conversation.

00:28:33:06 - 00:28:35:16

Yeah, I think that, you know,

00:28:35:16 - 00:28:39:10

that that's a really challenging situation

to be in

00:28:39:15 - 00:28:45:12

where- and I'm just blown away

by that statistic of 55%.

00:28:45:12 - 00:28:48:17

And it, you know,

when we talk about reasonable adjustments

00:28:48:18 - 00:28:52:21

as well,

it's it's not just for disability.

00:28:52:21 - 00:28:55:25

It could be

because you have caring responsibilities

00:28:55:25 - 00:29:00:01

for anyone, you know

doesn't have to be child, but it could be

00:29:00:01 - 00:29:03:27

and yeah, that's, it's

a bit disheartening to hear that.

00:29:04:07 - 00:29:05:19

Yeah it's really frustrating.

00:29:05:19 - 00:29:09:26

And it's like part of- most of the work

I've done with the BMA, I'm in the process

00:29:09:26 - 00:29:11:21

of coming off the council

because they've got a new lot in

00:29:11:21 - 00:29:13:23

and I decided to take a step back

for a few years.

00:29:13:23 - 00:29:15:09

They've had,

they've had my soul for six years.

00:29:16:13 - 00:29:17:06

But you know,

00:29:17:06 - 00:29:20:03

most of the work I've done with

them has been focused around disability

00:29:20:03 - 00:29:22:28

and supporting disabled

doctors, medical students

00:29:23:07 - 00:29:25:28

and we did this huge survey

and, yeah, the data that came out of it,

00:29:25:28 - 00:29:27:13

and that's one of the big stats.

00:29:27:13 - 00:29:30:08

The data that came out of

it was just heartbreaking.

00:29:30:26 - 00:29:34:05

And some of the qualitative stuff as well,

the comments of people

00:29:34:06 - 00:29:35:01

who've basically felt

00:29:35:01 - 00:29:38:01

they've been forced out of medicine

because of their disability

00:29:39:18 - 00:29:41:06

is happening far too much.

00:29:41:06 - 00:29:47:08

And so if my, you know, lifetime

career goal is to just make medicine

00:29:47:08 - 00:29:49:13

an accessible profession

00:29:49:13 - 00:29:52:14

then so be it. I'll try

and do some other stuff along the way.

00:29:52:14 - 00:29:54:09

But yeah, it's a conversation

00:29:54:09 - 00:29:57:19

that we need to keep having

because the NHS is failing

00:29:58:01 - 00:30:01:24

both staff and as a result, patients

by not supporting these doctors

00:30:01:24 - 00:30:04:21

and other health professionals

much, much better than they do.

00:30:05:10 - 00:30:09:18

Yeah, I completely agree

and I think it's only going

00:30:09:18 - 00:30:14:20

to improve the situation

for disabled patients when you,

00:30:14:21 - 00:30:19:15

as you said earlier,

have a diverse group of doctors

00:30:19:15 - 00:30:23:22

because it won't be that you know,

you've never experienced

00:30:23:29 - 00:30:27:07

an interaction with a doctor

who knew about your disability.

00:30:27:14 - 00:30:30:02

You know, if we have more disabled people

00:30:30:15 - 00:30:35:06

in the medical field,

then that likelihood is going to increase.

00:30:35:13 - 00:30:43:09

But when I talk about your experience

with the Women's Equality Party,

00:30:43:09 - 00:30:46:26

you said that you went into a conference

and then came out a member.

00:30:46:26 - 00:30:49:24

So I suppose talk me through that.

00:30:49:24 - 00:30:53:02

You know, what prompted you to explore it

00:30:53:07 - 00:30:56:12

and sort of

what has that experience been like?

00:30:56:12 - 00:30:57:27

Because it's it's very different

00:30:57:27 - 00:31:00:28

being a political party leader

and being a GP.

00:31:00:28 - 00:31:02:06

Yeah,

00:31:02:06 - 00:31:06:00

I mean, it's funny, there are definitely

some kind of skills that go both ways.

00:31:06:18 - 00:31:07:26

Negotiation mainly.

00:31:09:08 - 00:31:10:13

I think like

00:31:10:13 - 00:31:12:25

so yeah, I turned up to the conference,

did my panel

00:31:12:25 - 00:31:14:09

first thing in the morning on women's

00:31:14:09 - 00:31:16:19

health

and I just kind of like sat there going-

00:31:16:19 - 00:31:19:06

Firstly,

they had been so phenomenal about

00:31:19:06 - 00:31:22:11

all the access stuff. Like months before

00:31:22:11 - 00:31:25:15

they were sort of like, 'right, so

00:31:25:15 - 00:31:27:19

you know, we've found you this hotel.

00:31:27:19 - 00:31:28:20

Can you just quickly check this,

00:31:28:20 - 00:31:30:26

and make sure that the room is

everything you need it to be;

00:31:31:21 - 00:31:34:03

we've got this staging,

but there's a ramp on it.

00:31:34:27 - 00:31:36:21

Can we just check the weight of your chair?

00:31:36:21 - 00:31:38:19

Because if it's a power chair,

we might need something more sturdy.'

00:31:38:19 - 00:31:41:17

You know, 'how, wide is it?'- they really thought

about everything.

00:31:41:17 - 00:31:44:01

So I just turned up

and it was all done for me

00:31:44:12 - 00:31:47:09

and that was the first time- and

I go and speak at a lot of conferences

00:31:47:27 - 00:31:52:24

even now, and that still remains

one of the best experiences I've had about

00:31:53:12 - 00:31:56:06

organisers managing

and handling disability.

00:31:56:06 - 00:31:59:16

And part of that is down to the incredible

disabled women that came before me.

00:31:59:16 - 00:32:01:23

People like Athena

Stephens who's still a really close friend.

00:32:02:00 - 00:32:02:29

Like, you know,

00:32:02:29 - 00:32:06:21

they'd done a lot of that work and done

a lot of that kind of prep with them.

00:32:06:21 - 00:32:09:03

But yeah, so I turned up

and I was already really impressed right?

00:32:09:13 - 00:32:13:16

And I had dabbled with party politics

a bit in the past.

00:32:13:16 - 00:32:15:23

My brother worked for

the Labour Party for a wee while

00:32:17:05 - 00:32:17:20

and I'd

00:32:17:20 - 00:32:20:21

like campaigned

a little bit for Nick Clegg

00:32:20:21 - 00:32:23:09

when he told us

he was going to get rid of tuition fees.

00:32:24:14 - 00:32:24:25

Yeah...

00:32:24:25 - 00:32:26:28

We all- we all've been there.

00:32:26:28 - 00:32:28:18

We've all been there (laughs)

00:32:28:18 - 00:32:31:03

I was the first year to pay

full fees at medical school

00:32:31:03 - 00:32:33:08

and I will never quite

forgive him for that.

00:32:34:05 - 00:32:37:12

But yeah, so, you know, I dabbled

a little bit, but I'd always ultimately

00:32:37:12 - 00:32:40:16

felt let down. I felt like

none of the parties really spoke to me

00:32:41:17 - 00:32:44:05

and it was just- there was just so much

00:32:44:05 - 00:32:47:05

infighting and all of that

kind of crap that came with it.

00:32:47:27 - 00:32:50:04

So I ended up in trade union politics.

00:32:50:04 - 00:32:55:00

BMA, which is, you know, is still quite

a lot of infighting and crap.

00:32:55:00 - 00:32:56:28

Like, let's be honest, it's trade union.

00:32:56:28 - 00:32:59:23

We all feel very passionately

about what we do and we're gonna flare up

00:32:59:23 - 00:33:00:22

occasionally as a result.

00:33:01:28 - 00:33:05:00

But I'd kind of written off party politics

altogether

00:33:05:01 - 00:33:05:15

and was just going,

00:33:05:15 - 00:33:08:20

'I've never heard of the Women's

Equality Party.' I knew who Sandi Toksvig was -

00:33:09:00 - 00:33:11:15

she was one of the co-founders,

seemed like a nice idea to go.

00:33:12:09 - 00:33:16:16

And I- they said, look, stay for the

whole day, stay for tomorrow if you want.

00:33:16:16 - 00:33:19:22

Not a problem,

like stay as long as you like.

00:33:19:22 - 00:33:21:08

They tell me that

00:33:21:08 - 00:33:25:22

they might possibly have invited me

in the hope that they could reel me in (laughs)

00:33:25:22 - 00:33:27:14

I'm taking that as a massive compliment.

00:33:27:14 - 00:33:29:03

I don't know how true that is.

00:33:29:03 - 00:33:29:21

I don't know whether

00:33:29:21 - 00:33:31:23

they just then got me and thought,

all right, let's make her feel special.

00:33:31:28 - 00:33:36:28

Um but, you know, I went along

and I just found myself surrounded

00:33:37:19 - 00:33:41:20

by this incredible

kind of feeling of sisterhood,

00:33:41:20 - 00:33:45:01

but also determination to make change.

00:33:45:11 - 00:33:48:17

And looking at the world

from a perspective of

00:33:49:06 - 00:33:51:25

equality is better for everyone.

00:33:51:25 - 00:33:55:25

And it's that simple.

And kind of looking at politics and going,

00:33:55:25 - 00:33:58:04

we don't have to do it

the way it's always been done.

00:33:58:15 - 00:34:02:18

We don't have to approach politics

in a kind of like barge in,

00:34:02:18 - 00:34:05:29

win all the elections, yell

at the other parties, get into government,

00:34:05:29 - 00:34:09:23

scream at the prime minister on PMQs

every week and then go away again.

00:34:09:23 - 00:34:11:20

Like,

we don't have to do politics that way.

00:34:11:20 - 00:34:14:26

We can shape it

and we can approach in a whole new way.

00:34:14:26 - 00:34:19:17

And, you know, like I'm

not expecting us to roll into number ten

00:34:19:17 - 00:34:23:21

any day soon, partly

because it's got a step into it.

00:34:25:09 - 00:34:26:27

But we are

00:34:26:27 - 00:34:30:09

changing

the ways other parties do politics,

00:34:31:01 - 00:34:34:02

and we're changing the conversation

in every election we contest.

00:34:34:02 - 00:34:36:00

And that was kind of the feeling

I got when I was there.

00:34:36:00 - 00:34:40:16

I was like left so full of excitement

00:34:40:16 - 00:34:43:23

and enthusiasm for politics

as I wanted it to be.

00:34:43:23 - 00:34:45:14

Politics as it should be.

00:34:45:14 - 00:34:47:05

And the potential of that.

00:34:47:05 - 00:34:51:21

Um so yeah, I just

completely fell into it as I am wont to do.

00:34:53:06 - 00:34:57:09

And within like a few months,

somebody turned up at my doorstep in Leeds

00:34:57:09 - 00:34:59:17

where I'd moved after

quite a spectacular breakdown

00:35:00:07 - 00:35:02:20

alone, tried to rebuild my life,

00:35:02:20 - 00:35:05:24

somebody who's now a very, very close

friend, basically turned up on my doorstep

00:35:05:24 - 00:35:07:29

with a bottle of wine and said,

00:35:07:29 - 00:35:09:19

'We're going to drink this,

and by the end of it

00:35:09:19 - 00:35:11:11

you're going to agree

to be our council candidate'

00:35:12:18 - 00:35:15:21

and lo and behold I did because I'm very easily

bribed,

00:35:15:21 - 00:35:18:18

it transpires, which is a terrible thing

for a politician to say.

00:35:19:13 - 00:35:22:02

But yeah, so I think it's always been that

00:35:22:10 - 00:35:24:22

kind of organization where

00:35:25:15 - 00:35:27:18

they- we don't care about

00:35:27:18 - 00:35:30:27

where you come from,

your back story necessarily.

00:35:30:27 - 00:35:33:22

We don't see that as a barrier to anyone

00:35:33:22 - 00:35:37:18

entering politics, and we're very much

about encouraging people

00:35:37:18 - 00:35:42:21

who would not normally consider themselves

politicians to get involved.

00:35:42:25 - 00:35:46:17

And that doesn't necessarily mean

you know, manning the barricades, womanning

00:35:46:17 - 00:35:48:06

the barricades

00:35:48:06 - 00:35:53:00

and contesting every election going,

but there's so much that everyone can do.

00:35:53:01 - 00:35:55:07

Male or female, or neither.

00:35:56:16 - 00:35:59:25

You know, there's so much

that everyone can do to make change

00:35:59:25 - 00:36:03:23

happen in politics from so many different

perspectives and angles.

00:36:03:23 - 00:36:07:16

And increasing diversity of representation

in politics is

00:36:08:02 - 00:36:09:08

at the key of everything we do.

00:36:09:08 - 00:36:12:08

You know, we have Mandu Reid,

our leader, is the first ever

00:36:12:22 - 00:36:15:19

black openly bisexual woman

to lead a political party.

00:36:15:19 - 00:36:16:17

She's the first ever black

00:36:16:17 - 00:36:20:20

political party leader in the UK, like,

which is ludicrous.

00:36:20:20 - 00:36:22:11

Like there should have been so many more.

00:36:22:11 - 00:36:25:13

Yeah (muffled)

00:36:25:13 - 00:36:27:29

But we should have been supporting,

we should be supporting that community.

00:36:28:00 - 00:36:32:10

We should have been encouraging more

diversity across the political spectrum.

00:36:32:10 - 00:36:35:04

And as a society

we've let so many people down.

00:36:36:13 - 00:36:38:25

So, yeah, you know, we've done amazing

things.

00:36:38:25 - 00:36:42:03

We've got amazing representatives

from every walk of life you can imagine

00:36:42:18 - 00:36:43:14

and roll of life.

00:36:43:14 - 00:36:45:21

And I love it, honestly.

00:36:45:21 - 00:36:47:18

It brings me so much joy.

00:36:47:18 - 00:36:51:01

It is different to being a GP,

but it's probably the most important thing

00:36:51:01 - 00:36:52:18

I do on a day to day basis.

00:36:52:18 - 00:36:57:17

So for people who don't know much

about the Women's Equality Party,

00:36:57:17 - 00:37:02:09

I think the first thing that people think

of is that it is only for women

00:37:02:09 - 00:37:05:13

or that they only campaign

on women's issues.

00:37:05:21 - 00:37:08:23

How would you describe the party to people

00:37:08:23 - 00:37:12:01

who either don't know

or have that preconception?

00:37:12:15 - 00:37:13:26

So it's a really good point.

00:37:13:26 - 00:37:15:10

We do have male members.

00:37:15:10 - 00:37:17:29

We have- we had a male candidate

in the last local elections.

00:37:19:11 - 00:37:20:24

I think we

00:37:20:24 - 00:37:24:18

started at the baseline of equality

is better for everyone, OK?

00:37:24:26 - 00:37:27:20

And yes, 52% of the population, i.e.

00:37:27:22 - 00:37:30:19

women, have been massively

let down by politics in the past.

00:37:30:27 - 00:37:33:27

You know, we- we've only recently been

allowed to vote

00:37:33:27 - 00:37:36:26

for the love of goodness,

you know, like we've got-

00:37:37:05 - 00:37:38:03

Yeah.

00:37:38:24 - 00:37:42:20

And so, you know, there's so much that as

a society we need to do to change things.

00:37:42:29 - 00:37:46:05

But with the understanding that actually

00:37:46:06 - 00:37:49:06

if you make things better for women,

you make things better for everyone.

00:37:49:13 - 00:37:52:26

So a really simple

example is childcare like

00:37:53:25 - 00:37:58:00

you know, shared parental leave massively

benefits men. It improves the gender pay

00:37:58:00 - 00:38:01:25

gap which actually does have huge benefits

for men in the workplace.

00:38:02:03 - 00:38:05:18

You know, we can talk about the fact

that childcare is prohibitively expensive

00:38:05:22 - 00:38:09:26

and it's meaning that a lot of people,

primarily women, are leaving the workplace

00:38:09:26 - 00:38:10:20

altogether.

00:38:11:20 - 00:38:13:14

Because they can't afford

00:38:13:14 - 00:38:16:23

to work and have

someone look after their children.

00:38:16:26 - 00:38:18:11

Like it doesn't make financial sense.

00:38:18:11 - 00:38:21:03

So, you know, all of these things,

if we can improve this for women,

00:38:21:03 - 00:38:22:28

it makes things better for families

as a whole.

00:38:22:28 - 00:38:25:02

It makes things better for men

throughout society.

00:38:25:02 - 00:38:27:03

And that's kind of the baseline we're at.

00:38:27:03 - 00:38:30:05

It's just like, we're not-

it's not about, you know

00:38:30:05 - 00:38:34:04

man hating, it's not about,

you know, tackling...

00:38:35:10 - 00:38:38:08

It's not about taking down men and saying

you've had it too good for too long

00:38:38:08 - 00:38:40:12

and now we want all of your power

and all of your-

00:38:40:12 - 00:38:42:14

I mean, we do want to have-

we want to share it!

00:38:42:25 - 00:38:43:15

I was gonna say,

00:38:43:15 - 00:38:45:18

no that- that sounds quite nice.

00:38:45:18 - 00:38:47:27

I know, definite perks.

But I mean, you know,

00:38:48:04 - 00:38:50:11

we need to start

talking about things like,

00:38:50:11 - 00:38:51:16

you know, ending violence against women and

00:38:51:16 - 00:38:54:06

girls, which is one of our absolute

top priorities.

00:38:54:20 - 00:38:57:02

You know, when we talk about that,

a lot of people come back at us

00:38:57:02 - 00:38:58:29

and go, 'men are victims of violence too.'

00:38:58:29 - 00:39:00:21

Yes, they are.

00:39:00:21 - 00:39:03:11

But actually,

when we're not talking about the impact of it

00:39:03:11 - 00:39:07:05

on 51% of the population

who do experience it

00:39:07:06 - 00:39:09:20

far more, particularly in their homes

and that sort of thing,

00:39:10:01 - 00:39:13:28

then, you know,

the impact that has on men is huge.

00:39:13:28 - 00:39:16:29

The impact of violence against women

and girls on men is vast

00:39:17:04 - 00:39:19:20

because they grow up in those households

where that violence

00:39:19:20 - 00:39:21:13

and abuse is being perpetrated.

00:39:21:13 - 00:39:23:24

It has an impact on how they grow, on

how they develop,

00:39:23:29 - 00:39:27:01

on who they turn into,

on their career opportunities.

00:39:27:01 - 00:39:29:12

So many things

because we're not supporting the women

00:39:29:21 - 00:39:32:01

who do the majority of the work

raising them.

00:39:32:19 - 00:39:35:07

And so, you know,

we have to have these conversations

00:39:35:07 - 00:39:37:12

because it makes everything

better as a society.

00:39:37:12 - 00:39:41:22

And that's for me what lies at the heart

of the Women's Equality Party. It's saying,

00:39:41:28 - 00:39:46:03

Yes, you know- does what it says

on the tin, it's about women's equality.

00:39:46:15 - 00:39:49:15

But we have to consider how much

00:39:49:15 - 00:39:52:11

that impacts

everything we do as a society.

00:39:52:16 - 00:39:55:12

And if you look at the governments

natio- internationally

00:39:55:12 - 00:39:58:25

that are getting this right, they have

better outcomes on every single level.

00:39:58:29 - 00:40:00:10

Look at Finland.

00:40:00:10 - 00:40:01:07

I love Finland.

00:40:01:07 - 00:40:05:05

I've never been, but I want to go

because you know what, the five parties

00:40:05:06 - 00:40:06:20

that make up the government

00:40:06:20 - 00:40:08:15

because they have

proportional representation

00:40:08:15 - 00:40:10:26

my God, the five parties that make up

the government in Finland

00:40:10:26 - 00:40:12:05

are all run by women.

00:40:12:05 - 00:40:15:00

Their prime minister was 34

when she started.

00:40:15:09 - 00:40:18:18

And you know which country's had the best

outcomes economically and health-wise

00:40:18:29 - 00:40:23:01

for COVID in Europe? It's been Finland

because trust in their government

00:40:23:08 - 00:40:26:09

has been higher

than any other nation in Europe.

00:40:26:21 - 00:40:29:21

They have consistently nailed it

and their economy is working far better.

00:40:29:25 - 00:40:31:11

They've had far fewer deaths and

00:40:31:11 - 00:40:34:03

oh my goodness, they've actually looked

after disabled people during the pandemic.

00:40:34:13 - 00:40:37:03

Like Finland has done so much better

00:40:37:12 - 00:40:41:13

on a global economic level

than we have through a pandemic

00:40:41:21 - 00:40:44:23

because we had women's

voices around the table

00:40:45:11 - 00:40:49:29

and they have one of the few- they have the

most gender balanced government in Europe.

00:40:51:03 - 00:40:53:09

That makes a difference.

00:40:53:09 - 00:40:57:22

And so when we hit things like COVID,

if we don't have that representation,

00:40:57:22 - 00:41:01:15

if we don't have that balance,

the whole country suffers.

00:41:01:15 - 00:41:03:15

And that's exactly what we've seen.

00:41:03:15 - 00:41:06:14

Yeah, I mean, when I think about COVID

00:41:06:14 - 00:41:08:29

the amount of times I have felt gaslit

00:41:09:14 - 00:41:14:15

by our government for,

you know, not acknowledging our issues,

00:41:14:15 - 00:41:19:29

not taking them seriously enough

and still continuing to not appreciate

00:41:19:29 - 00:41:24:04

the very real fear that disabled

people still have around

00:41:24:12 - 00:41:28:02

COVID and sort of safety measures

and all of that.

00:41:28:02 - 00:41:30:16

You know, you just think

there's got to be a better way.

00:41:30:27 - 00:41:36:08

And I think, you know, I,

I didn't know all of those points about

00:41:36:27 - 00:41:41:15

Finland and about,

you know, all of the direct positives

00:41:41:15 - 00:41:45:11

that you can see from a diverse

00:41:45:28 - 00:41:48:18

you know, political party

and a diverse leadership.

00:41:48:24 - 00:41:51:13

I think that's so fascinating.

00:41:51:26 - 00:41:55:27

We were the only party

that actually actively campaigned

00:41:55:27 - 00:41:59:19

for disabled people through the pandemic,

you know, we were outside parliament

00:41:59:24 - 00:42:03:01

like yelling about access to vaccinations

and access to health

00:42:03:01 - 00:42:05:19

care through the pandemic.

Nobody else was doing that.

00:42:05:26 - 00:42:09:10

Nobody else wanted to talk about the fact

that disabled people were being massively

00:42:09:10 - 00:42:13:01

let down and being allowed to die

in hugely disproportionate numbers

00:42:13:07 - 00:42:18:00

because our government did not prioritize

our community at all, and did

00:42:18:00 - 00:42:21:18

not even acknowledge the additional risk

we were and remain under.

00:42:22:03 - 00:42:24:18

I think that's really key

because once you talk about equality

00:42:24:18 - 00:42:26:15

for women,

you talk about equality for disabled

00:42:26:15 - 00:42:30:00

people, you talk about equality for LGBTQ

people, you talk about equality

00:42:30:08 - 00:42:33:09

for people from, from the global

ethnic minorities

00:42:33:09 - 00:42:36:15

and global ethnic majorities

and all other races, you know.

00:42:36:15 - 00:42:41:03

We talk about these things,

but we don't do that

00:42:41:03 - 00:42:45:00

if we don't start from a basis of equality

is better for everyone.

00:42:45:10 - 00:42:47:14

So I think that that's

00:42:47:14 - 00:42:51:13

all really, really valid

and I'm really interested

00:42:51:13 - 00:42:54:02

because you are disabled,

00:42:54:02 - 00:42:55:13

you are female,

00:42:55:13 - 00:43:00:26

you're a feminist, and I'm right

that you're also a member of the LGBTQIA+

00:43:00:26 - 00:43:01:20

community.

00:43:01:20 - 00:43:04:20

So how-

00:43:05:07 - 00:43:09:29

This is a topic I'm

super interested in, is intersectionality,

00:43:09:29 - 00:43:16:25

of all of those identities,

and I know that, you know, sometimes a-

00:43:17:08 - 00:43:21:27

I mean, I can say

from like my experience of being disabled

00:43:21:27 - 00:43:25:23

and being a woman, but,

you know, sometimes you almost don't know

00:43:25:29 - 00:43:28:12

when you're in an instance

of discrimination,

00:43:28:24 - 00:43:32:16

which part of my identity

is leading to this.

00:43:32:16 - 00:43:36:06

So I suppose

my question for you is sort of,

00:43:36:09 - 00:43:40:14

how do you manage all of those parts

00:43:40:14 - 00:43:45:15

of your identity

which can directly cause- I don't

00:43:45:15 - 00:43:48:27

wanna say cause- but be the reason

00:43:48:27 - 00:43:51:28

for discrimination or a negative attitude?

00:43:52:15 - 00:43:54:09

So it's a really, really good question.

00:43:54:09 - 00:43:55:21

It's one I haven't

actually been asked before.

00:43:55:21 - 00:43:57:18

So thank you

00:43:58:20 - 00:44:00:14

I think it is

it is quite a challenging one.

00:44:00:14 - 00:44:03:23

You know, I only came out as queer

like four years ago.

00:44:04:06 - 00:44:08:21

And, you know, I'm now in my first long

term relationship with a woman

00:44:08:21 - 00:44:11:08

and so that's been

quite an interesting thing to negotiate.

00:44:11:08 - 00:44:12:04

And actually,

00:44:12:04 - 00:44:15:21

one of the things we've realized

is that a lot of people, because she is,

00:44:15:21 - 00:44:19:14

you know, a woman of similar age to me,

she's not visibly disabled,

00:44:19:14 - 00:44:22:05

and so people kind of assume

that she's my carer

00:44:23:17 - 00:44:25:22

in a way that they didn't necessarily

when I was with a man.

00:44:26:16 - 00:44:30:00

Um, but when we go places together, people

look at her and they go,

00:44:30:09 - 00:44:31:15

'oh, that's nice.

00:44:31:15 - 00:44:33:05

You know,

she's got a care of a similar age.

00:44:33:05 - 00:44:35:09

They clearly have similar interests,'

and like,

00:44:35:09 - 00:44:38:02

and then, you know, I snog her in public

and everyone's like, 'oh, my God,

00:44:38:08 - 00:44:39:21

not only is the disabled person

00:44:39:21 - 00:44:42:13

kissing someone, but they're kissing

someone of the same sex!'

00:44:42:25 - 00:44:46:13

And also they probably think, 'wow,

that's wildly unprofessional of

00:44:46:19 - 00:44:48:08

her carer.'

00:44:48:08 - 00:44:48:27

Yeah. My God.

00:44:48:27 - 00:44:51:20

So many ethics codes

being broken in my relationship.

00:44:52:06 - 00:44:53:07

So I think

00:44:53:07 - 00:44:56:18

I've always kind

of been very much of the out and proud

00:44:56:18 - 00:45:02:02

and gobby about it attitude to every part

of my personality and my identity.

00:45:02:29 - 00:45:05:03

So when I came out, I came out big time.

00:45:05:03 - 00:45:08:10

You know, I queer code everywhere.

00:45:08:17 - 00:45:12:10

And I think it's, it's really helped me

00:45:13:02 - 00:45:15:27

kind of engage

with this part of my identity.

00:45:15:27 - 00:45:17:17

I hadn't really before, I'd kind of gone,

00:45:17:17 - 00:45:20:14

'Yeah,

that was just a bit too much to deal with.

00:45:20:14 - 00:45:21:27

I don't need to deal with that.'

00:45:21:27 - 00:45:26:02

And I think it did

put me off coming out for a long time

00:45:26:06 - 00:45:29:15

was kind of like,

you know, a really close friend of mine

00:45:29:15 - 00:45:32:12

who I have subsequently

told off, when I came out was just like,

00:45:32:21 - 00:45:36:00

'Oh, did you not have enough

minority characteristics Hannah?'

00:45:36:17 - 00:45:39:09

And I was like,

'I know you're joking about that,

00:45:39:09 - 00:45:41:29

but that's exactly

what I've been worrying about for years.'

00:45:41:29 - 00:45:42:25

Yeah.

00:45:42:25 - 00:45:44:12

Was people kind of looking going,

00:45:44:12 - 00:45:47:23

'Oh, it's just cos everyone knows she's disabled now, so she needed a new thing'.

00:45:47:29 - 00:45:50:04

And then when I got diagnosed with

ADHD as well, they said,

00:45:50:05 - 00:45:54:03

'Oh, now you're neuro-divergent.' I was like,

'That's actually been a lifelong thing.

00:45:54:03 - 00:45:57:05

And as a medic, you should have

probably guessed it sooner.'

00:45:57:23 - 00:45:58:26

But, you know, so I

00:45:58:26 - 00:46:02:05

think it has kind of weighed on my mind

a little bit of

00:46:02:21 - 00:46:05:21

how many characteristics

can I pick up really?

00:46:06:23 - 00:46:09:25

But at the same time, I think it's

00:46:09:25 - 00:46:12:23

really, really important

that we see intersectionality

00:46:13:23 - 00:46:17:24

and that as young- and that young people

see intersectionality like-

00:46:18:11 - 00:46:22:20

so my kind of GP special interest

is gender, sexuality and sexual wellbeing,

00:46:23:02 - 00:46:27:20

which in itself is not a special interest

most people have as a GP.

00:46:27:27 - 00:46:29:27

It's the kind of like slightly icky stuff

that a lot of us

00:46:29:27 - 00:46:33:05

would like stay away from, 'ooh, sexual health?'

00:46:33:26 - 00:46:34:24

And we'll do-

00:46:34:24 - 00:46:37:03

You know,

some people will talk a bit about gender

00:46:37:24 - 00:46:39:04

and a lot of it's about kind of menopause

00:46:39:04 - 00:46:40:21

and women's health,

which is incredibly important,

00:46:40:21 - 00:46:42:27

but it's not

what gets me out of bed in the morning.

00:46:42:27 - 00:46:44:07

I want to be talking about

00:46:44:07 - 00:46:48:15

do people have happy sex lives,

whatever that may mean for them,

00:46:48:26 - 00:46:51:00

and do people feel comfortable

coming out to their

00:46:51:00 - 00:46:52:02

health care professional,

00:46:52:02 - 00:46:55:04

because that's a really freaking

important conversation.

00:46:55:11 - 00:46:58:24

And as somebody

who is quite femme presenting, I've seen

00:47:00:06 - 00:47:03:09

what happens when people get that wrong

and you know,

00:47:03:24 - 00:47:07:05

asking me about what contraception

I'm on and am I trying to get pregnant

00:47:07:05 - 00:47:09:11

if I'm in a relationship

and not using contraception, I'm like,

00:47:09:19 - 00:47:12:20

'well, my girlfriend is great in many ways,

but she can't do that.'

00:47:13:09 - 00:47:17:00

(laughs) Um, so, you know,

I've seen when it goes wrong

00:47:17:00 - 00:47:18:02

and I've experienced that.

00:47:18:02 - 00:47:22:00

And so I think it's really important

that actually we have visibly

00:47:22:00 - 00:47:25:04

disabled people

talking about sex publicly.

00:47:25:28 - 00:47:29:02

And I know how powerful that is.

00:47:29:15 - 00:47:30:18

So, yeah,

00:47:30:18 - 00:47:35:03

I think it has shaped who I am

and what I specialize in

00:47:35:03 - 00:47:40:00

and what I talk about on the regular

because I know how important it is

00:47:40:00 - 00:47:43:11

for disabled young people to kind of go,

'Oh, she's queer,

00:47:43:24 - 00:47:47:04

she is sexually active, and she's talking

about how I can do that too,

00:47:47:04 - 00:47:48:12

and how I can be that person.'

00:47:49:24 - 00:47:52:11

And unless

we're visibly having that conversation,

00:47:52:11 - 00:47:55:22

we are not supporting the next generation

as well as we could.

00:47:55:29 - 00:47:58:17

And that's something that I'm in a really

privileged position to be able to do.

00:47:58:24 - 00:48:01:16

My parents have given up on me

not talking about sex, so-

00:48:02:03 - 00:48:05:01

my dad's a priest,

so you can imagine how hilarious this is.

00:48:05:11 - 00:48:06:24

Oh, my God.

00:48:06:24 - 00:48:11:04

To be a fly on the wall at your family

dinner would be a joy.

00:48:11:22 - 00:48:13:20

Actually,

I was sitting on a train the other day.

00:48:13:20 - 00:48:14:22

My dad was coming down.

00:48:14:22 - 00:48:17:18

He really likes trains,

so he just wanted a train ride

00:48:17:18 - 00:48:20:11

and he was sitting there in his dog

collar chattering away to me.

00:48:20:11 - 00:48:24:06

And I'm reading

a book called The Vagina Bible.

00:48:24:07 - 00:48:28:01

I saw your Instagram story

of reading that book -

00:48:28:15 - 00:48:32:03

you needed to have included

that you were sitting with a priest.

00:48:32:12 - 00:48:35:10

That comedy value is gold.

00:48:36:10 - 00:48:37:22

(laughs) It was just- it's amazing.

00:48:37:22 - 00:48:39:13

But actually,

I think it's really important.

00:48:39:13 - 00:48:43:23

And my parents are now very kind of like,

'oh, look, Hannah's talking about sex again.

00:48:44:02 - 00:48:45:24

That's fine.'

00:48:45:24 - 00:48:47:15

But they get it.

They get that it's important.

00:48:47:15 - 00:48:48:19

They have four kids.

00:48:48:19 - 00:48:50:25

I know that I wasn't divine conception.

00:48:51:10 - 00:48:55:02

So, yeah, let's talk more about sex.

00:48:55:02 - 00:48:55:13

Yeah.

00:48:55:13 - 00:48:55:21

And I

00:48:55:21 - 00:49:01:06

think, you know, especially for, you

know, we'll get into the, like, queer

00:49:01:06 - 00:49:05:11

side of that in a second,

but I think especially for disabled people

00:49:05:11 - 00:49:08:12

because first of all, everyone assumes

that we're

00:49:08:12 - 00:49:10:14

asexual.

00:49:12:04 - 00:49:13:00

Obviously.

00:49:13:00 - 00:49:17:02

No, of course, it's

because no one could ever imagine that

00:49:17:15 - 00:49:21:00

that we are sexual beings

or that anyone could be

00:49:21:01 - 00:49:24:01

remotely interested in us in that way.

00:49:24:01 - 00:49:25:29

I mean, shock, horror.

00:49:25:29 - 00:49:28:00

Oh, my God. Our partners must be saints.

00:49:28:00 - 00:49:28:28

That's kind of the-

00:49:28:28 - 00:49:32:04

My God,

abso- no benefits to them whatsoever.

00:49:33:10 - 00:49:35:15

But no, I completely agree.

00:49:35:15 - 00:49:39:23

And I think, you know,

in the medical space as well.

00:49:39:23 - 00:49:44:05

I mean,

every time I go for an X-ray or a C.T.

00:49:44:05 - 00:49:49:06

or, you know, wherever it may be, I

sort of, whoever I'm with, usually my dad

00:49:49:12 - 00:49:51:13

so I think we have similar experiences here.

00:49:51:13 - 00:49:53:20

I always have a bet with him on,

00:49:53:29 - 00:49:57:10

are they gonna bother asking me if

I might be pregnant

00:49:57:18 - 00:50:01:02

or when my last period was,

which I know they would ask

00:50:01:06 - 00:50:02:21

a non-disabled woman of my age.

00:50:02:21 - 00:50:03:20

Yeah.

00:50:03:20 - 00:50:06:14

And it's always,

you know, it's always a bet and, you know,

00:50:06:14 - 00:50:10:16

I'm- I'm pleasantly surprised when they do

00:50:10:16 - 00:50:15:08

but that's so wrong

that- first of all, that I have this worry -

00:50:15:12 - 00:50:19:09

not worry

because obviously I know the risks

00:50:19:09 - 00:50:23:08

if I was - but a lot of people don't. And,

00:50:23:15 - 00:50:26:14

you know, it could have very bad

medical implications.

00:50:26:15 - 00:50:29:13

But also I shouldn't be pleased

00:50:29:26 - 00:50:32:26

when someone bothers to ask me

00:50:32:28 - 00:50:35:20

because I mean, medical negligence aside,

00:50:35:28 - 00:50:39:18

just that preconception

of disability and sex. But

00:50:40:20 - 00:50:42:25

I think, as well, in the

00:50:42:25 - 00:50:45:18

you know, you said at the beginning

that you and I connected

00:50:45:27 - 00:50:51:14

first around looking at disabled women's

access to cervical screenings

00:50:51:15 - 00:50:55:15

because of the lack of hoists

and just sexual

00:50:55:15 - 00:50:59:12

health of disabled

people is so low on the agenda.

00:50:59:12 - 00:51:01:03

For so many people.

00:51:01:03 - 00:51:05:24

And it's so difficult to try and,

you know,

00:51:06:22 - 00:51:09:27

talk to medical professionals about that

00:51:09:27 - 00:51:12:28

and about contraception - a lot of disabled

00:51:12:28 - 00:51:17:02

women really struggle to access it

or they're put on it,

00:51:17:02 - 00:51:21:02

you know, and all of these

like inferences around

00:51:21:07 - 00:51:25:08

what we want in terms

of like sexual health and all of that.

00:51:25:09 - 00:51:30:26

I think as well,

if we are considered as a sexual

00:51:30:26 - 00:51:34:26

being by a medical professional,

it's always that we're straight.

00:51:35:06 - 00:51:36:21

Oh God, yeah.

00:51:37:23 - 00:51:40:10

It's so interesting

00:51:40:19 - 00:51:45:12

to me, though,

that all of these assumptions are made.

00:51:45:12 - 00:51:49:26

And I think it's fantastic

that you are challenging

00:51:49:26 - 00:51:54:27

those and trying to encourage

conversation around it,

00:51:54:27 - 00:51:58:17

and then it will have a knock on effect

for your patients.

00:51:58:17 - 00:51:59:25

I imagine.

00:51:59:25 - 00:52:02:27

Like, I suppose my question is like,

00:52:03:02 - 00:52:07:12

do you have many disabled patients

that, you know,

00:52:07:14 - 00:52:12:20

you think that your lived experience

as a disabled woman

00:52:12:20 - 00:52:17:25

and member of the LGBT

community has benefited in some way?

00:52:18:15 - 00:52:21:00

So I think disabled patients, yes.

00:52:21:26 - 00:52:24:12

And having a disabled

doctor has definitely benefited them.

00:52:24:16 - 00:52:26:20

And, you know,

all my colleagues would agree with that.

00:52:27:19 - 00:52:32:00

I'm the one that's regularly asking

the questions of, 'are you pushing yourself

00:52:32:13 - 00:52:36:00

to a somewhat ridiculous degree

without any mobility aids or support?

00:52:36:01 - 00:52:38:07

And why are you doing that?

And how can we help you?'

00:52:38:14 - 00:52:42:08

And I think sometimes we need to speak

frankly about this, and I'm notoriously

00:52:42:08 - 00:52:43:10

blunt,

00:52:44:00 - 00:52:45:07

as you can probably tell.

00:52:45:07 - 00:52:48:01

There's

there's not much filter goes on here,

00:52:49:01 - 00:52:51:22

which I think makes me ideal

for talking about sex a lot, really.

00:52:52:02 - 00:52:56:25

Um so, yes, on that front, disabled

LGBTQIA patients

00:52:57:12 - 00:53:00:03

I haven't come across that many out.

00:53:00:13 - 00:53:03:04

And I think, you know,

there's different reasons for that.

00:53:03:04 - 00:53:05:16

You know, I've never worked in one place

for more than a year.

00:53:06:13 - 00:53:09:26

So by the time the news gets around, and

because you're a trainee,

00:53:09:29 - 00:53:12:05

your special interests aren't necessarily

listed on the website.

00:53:12:05 - 00:53:16:08

So until someone gets to know you-

and what we often find is that patients

00:53:17:21 - 00:53:20:29

patients who are potentially struggling

with their sexuality or gender

00:53:21:11 - 00:53:26:00

um will kind of doctor - not doctor

shop - but,

00:53:26:03 - 00:53:27:20

well, yeah, doctor shop

a little bit and so

00:53:27:20 - 00:53:31:00

they'll kind of come in with something

completely random.

00:53:31:15 - 00:53:35:04

And you're sitting there going,

'why have you come in with this?'

00:53:35:04 - 00:53:38:00

Like,

'this is not a normal GP-' like coming in

00:53:38:00 - 00:53:40:06

something that was a problem ten years ago

just to see whether it could

00:53:40:06 - 00:53:42:13

still be an issue,

that kind of thing, with no symptoms.

00:53:42:13 - 00:53:44:11

You're just like, 'what is going on here?'

00:53:44:11 - 00:53:47:11

But they're the ones

that, at the end of the consultation,

00:53:47:12 - 00:53:50:16

may kind of like hand on the door

handle go, 'oh, and by the way,

00:53:50:16 - 00:53:54:10

I think I'm trans' or 'oh, and by the way,

can I talk to you about this?'

00:53:54:10 - 00:53:58:00

And you're just like, 'sit back down, come

on, let's do this, let's talk this through.'

00:53:58:09 - 00:54:01:09

And so I think, you know,

there's a far longer process

00:54:01:16 - 00:54:05:20

with many members of

the LGBTQ community, understandably

00:54:06:24 - 00:54:07:06

where they

00:54:07:06 - 00:54:10:03

want to know that

they can trust their health professional

00:54:10:15 - 00:54:13:02

because so many of us have experienced

00:54:14:06 - 00:54:16:20

intentional and unintentional homophobia

00:54:18:09 - 00:54:21:07

that I think, you know, there is a lot

of anxiety around doing that.

00:54:21:07 - 00:54:24:23

And we know that, you know, for example,

lesbian- the lesbian community

00:54:24:23 - 00:54:27:06

are more likely to access

A&E than they are their GP.

00:54:28:19 - 00:54:31:04

That's fascinating.

00:54:31:04 - 00:54:31:27

And I think that's-

00:54:31:27 - 00:54:34:25

because of a lot of the presumptions

that are made and it means it's a one off

00:54:34:25 - 00:54:37:26

and you don't build this relationships,

but actually that relationship, that

00:54:38:03 - 00:54:42:08

continuity of care that a GP can provide

that A&E can't

00:54:42:08 - 00:54:43:08

is key.

00:54:43:08 - 00:54:46:17

And we know that it leads to better

health outcomes long term.

00:54:46:17 - 00:54:50:12

So we need to get better as professionals.

And you know,

00:54:50:12 - 00:54:53:22

I queer code massively at work

like I have rainbow cups, I'm

00:54:54:15 - 00:54:57:23

roundly mocked on a daily basis

for the number of rainbows in one room.

00:54:58:02 - 00:55:02:25

Like I have pride TOMS on, I have rainbow

laces on my sequined Converse.

00:55:03:03 - 00:55:05:12

My rucksack has got a massive

rainbow on it.

00:55:05:12 - 00:55:07:13

I'm like so out and proud

00:55:08:21 - 00:55:11:27

because it's really important

and because I want any young person

00:55:11:27 - 00:55:15:17

who comes into my room, any older person

who comes into my room to go,

00:55:15:28 - 00:55:21:02

'you know what? Either

she really, really loves the NHS or

00:55:22:02 - 00:55:26:15

like she's at least an ally',

and that's important and that matters.

00:55:26:15 - 00:55:28:25

And it means you go into that room

and you know you're safe.

00:55:30:00 - 00:55:34:00

And I, until my dying days as a GP,

will be covered in freaking rainbows

00:55:34:00 - 00:55:38:03

because I want that teenager

or that much, much older person to feel

00:55:38:03 - 00:55:40:19

they can come out and ask the questions

that they've been scared to.

00:55:41:03 - 00:55:43:19

So if I get mocked for wearing rainbows

all the time,

00:55:43:27 - 00:55:46:24

I'm ok with it - she said wearing a t shirt

that says, 'Sounds gay.

00:55:46:24 - 00:55:47:16

I'm in.'

00:55:47:26 - 00:55:48:11

Yeah, I was

00:55:48:11 - 00:55:52:26

gonna say when you, you know,

(muffled) overtly in my (muffled) community,

00:55:52:26 - 00:55:57:03

I was going to say 'well, you do have

a shirt that literally says "Sounds gay.

00:55:57:03 - 00:55:59:09

I'm in."

00:55:59:09 - 00:56:01:28

You know, which I, you know,

00:56:02:08 - 00:56:06:02

I absolutely adore

and have considered buying myself.

00:56:06:02 - 00:56:07:28

Do it.

00:56:07:28 - 00:56:11:27

Yeah I mean I might have to

so like, Spark Company if you're interested

00:56:11:27 - 00:56:15:18

in giving me and Hannah a discount -

much appreciated.

00:56:15:18 - 00:56:17:23

We are giving them

so many plugs in this episode.

00:56:17:26 - 00:56:19:28

I think (muffled) we've scammed

the hell out of this.

00:56:20:18 - 00:56:23:00

I'm definitely going to be tagging them

in all of this

00:56:23:03 - 00:56:27:23

like, 'Hey! Two models!' But I think that that's so

00:56:28:01 - 00:56:33:18

so important the work that you're doing

and the safe space

00:56:33:18 - 00:56:36:24

that you are creating for your patients

and hopefully

00:56:37:01 - 00:56:40:27

influencing other medical professionals

to be doing the same.

00:56:40:27 - 00:56:42:21

I'm going to have a word with my mom.

00:56:42:21 - 00:56:44:25

I've just curious about-

00:56:44:25 - 00:56:46:16

I mean she does work in A&E but

00:56:46:16 - 00:56:50:18

like what could she either be doing

00:56:50:18 - 00:56:53:20

or just be aware of with her patients?

00:56:53:23 - 00:56:55:05

There are some amazing campaigns.

00:56:55:05 - 00:56:56:12

The one that really everyone

00:56:56:12 - 00:57:00:18

should look at, patient

or not, is the NHS Rainbow Badge campaign,

00:57:00:24 - 00:57:03:15

which was set up way before COVID, way

before the rainbow

00:57:03:15 - 00:57:07:26

was kind of stolen for the NHS,

which I'm still a little bit mad about.

00:57:07:26 - 00:57:09:18

My girlfriend

and I when we're covered in rainbows

00:57:09:18 - 00:57:12:17

walking along, just tell people

we're like a massive NHS fan convention,

00:57:13:02 - 00:57:15:27

but like they have the rainbow badges,

which is amazing.

00:57:15:27 - 00:57:17:21

I think I actually have mine here. Yeah.

00:57:17:21 - 00:57:22:04

So it's like literally a badge that is a

rainbow that has the NHS logo on it.

00:57:22:04 - 00:57:23:26

Oh cute.

00:57:23:29 - 00:57:26:16

The idea is that it

shows patients and staff

00:57:26:28 - 00:57:30:18

that you are an ally of the community,

if not a member of it,

00:57:30:18 - 00:57:33:22

and that you are a safe person

to talk about because so many of us

00:57:34:01 - 00:57:37:15

have experienced negative behaviors

from health care professionals

00:57:37:24 - 00:57:41:06

that this is a way of kind of symbolizing

that I am a safe person to talk to.

00:57:41:17 - 00:57:44:07

Um so yeah,

there are some campaigns out there

00:57:44:07 - 00:57:48:12

that are doing a lot of really great work

to try and yeah, get health professionals

00:57:48:12 - 00:57:52:25

talking about this and being safe spaces for

patients, which we desperately need.

00:57:53:12 - 00:57:55:14

So I want to ask you

00:57:55:14 - 00:57:59:05

sort of if you could give a bit of advice

00:57:59:09 - 00:58:02:05

to listeners either-

00:58:02:14 - 00:58:07:14

or both, around

sort of the medical side of your life

00:58:07:14 - 00:58:13:22

and the political side of your life.

What advice would you want disabled people

00:58:13:22 - 00:58:18:21

to really take away from your work,

your life and our conversation?

00:58:19:16 - 00:58:21:22

So I guess I hope

00:58:21:22 - 00:58:24:18

if anything comes from my work

in both fields,

00:58:26:03 - 00:58:28:01

I want it to be that other disabled

00:58:28:01 - 00:58:32:12

people can see a place for themselves

there. I want other disabled

00:58:32:12 - 00:58:34:21

people to see me and go,

'I can be a doctor,'

00:58:34:21 - 00:58:37:21

I want other disabled people

to see me and go, 'I can be a politician'

00:58:38:20 - 00:58:40:15

because I come from this-

00:58:40:15 - 00:58:45:14

I, I can't overemphasize enough

how much privilege I have had growing up

00:58:45:20 - 00:58:49:17

as- growing up as a non-disabled woman

whose parents

00:58:49:17 - 00:58:52:06

really prioritized her education

even though we had no money growing up,

00:58:52:29 - 00:58:55:14

you know,

who really prioritized education,

00:58:55:14 - 00:58:58:17

who really allowed me to believe

that I could do literally anything

00:58:58:17 - 00:59:02:26

my brothers could do;

who, you know, the day I got my diagnosis,

00:59:02:26 - 00:59:05:03

I phoned my mum

and her immediate response was,

00:59:05:11 - 00:59:07:16

'That's great, darling,

do you have any lectures today?'

00:59:08:03 - 00:59:09:18

And I was like, 'Mum, I'm disabled,'

00:59:09:18 - 00:59:10:25

and she's like, 'So am I,

00:59:10:25 - 00:59:12:17

and I read Law at Cambridge,

what's your point?

00:59:12:17 - 00:59:13:26

Get back to work.'

00:59:13:26 - 00:59:16:05

I need to meet your parents.

00:59:16:05 - 00:59:18:02

I just feel that

00:59:18:02 - 00:59:20:24

we have so much to talk about.

00:59:20:24 - 00:59:25:09

Right! But like, I think it's, you know, I come

from this massive place of privilege

00:59:25:15 - 00:59:28:14

and I have doctor in front of my name,

and that can't be underestimated

00:59:28:15 - 00:59:31:23

at all. I can get into rooms purely

on the fact that I have a medical degree,

00:59:32:03 - 00:59:32:18

which is bonkers.

00:59:32:18 - 00:59:35:14

I mean, that's if I can literally get into

the room, which isn't always a guarantee.

00:59:35:24 - 00:59:38:17

But, you know,

I come from a place of massive privilege

00:59:38:17 - 00:59:41:21

where I've always been brought up

to believe I could do whatever I wanted,

00:59:42:05 - 00:59:43:25

whether or not my legs were working

properly,

00:59:43:25 - 00:59:46:22

whether or not my brain was having

a wonky day, you know, I could do it.

00:59:47:03 - 00:59:50:17

And I know so many young people

with disabilities are told

00:59:50:17 - 00:59:54:00

from almost the day they're born

that they're not expected to achieve much,

00:59:54:26 - 00:59:56:08

which drives me insane.

00:59:56:08 - 01:00:01:08

And so if I can help counter that

narrative, I'm happy. I've done my job.

01:00:01:17 - 01:00:03:04

And that is all I really want to achieve.

01:00:03:04 - 01:00:04:15

And this is a really helpful conversation.

01:00:04:15 - 01:00:05:21

My coach has been asking

01:00:05:21 - 01:00:08:02

what my mission in life is for

like four months

01:00:08:02 - 01:00:09:28

now, and I haven't been able to tell her

and I've just worked it out.

01:00:09:28 - 01:00:14:03

So thank you for that, Emma.

I now know my mission in life. (both laughing)

01:00:14:05 - 01:00:15:25

My pleasure.

01:00:15:25 - 01:00:16:14

Thank you.

01:00:16:14 - 01:00:18:22

Thank

you for answering the meaning of my life.

01:00:18:22 - 01:00:23:07

Um so, yeah,

I hope- if there's any advice, it's

01:00:24:00 - 01:00:27:12

give it a go, but find your people.

01:00:27:25 - 01:00:32:04

There are so many incredible disabled

people who have shaped my career,

01:00:32:04 - 01:00:35:24

my thinking, given me opportunities,

got me platforms

01:00:36:18 - 01:00:41:11

like I had the privilege of interviewing

Alan Benson last week for a podcast,

01:00:41:20 - 01:00:44:27

and Alan's been a friend

and mentor of mine for years now.

01:00:45:17 - 01:00:48:21

Honestly, my absolute hero.

He got his MBE yesterday and I-

01:00:48:29 - 01:00:51:12

I saw! I'm so excited.

01:00:51:29 - 01:00:55:27

But you know, he is the reason

I felt able to get on a train,

01:00:56:17 - 01:00:58:19

which is the reason

I was able to practice as a doctor,

01:00:58:21 - 01:01:00:27

which is the reason

I now have my crazy career.

01:01:00:27 - 01:01:04:27

And he was the first person

to give me a speaking gig... ever. Like-

01:01:05:15 - 01:01:08:06

So, you know, there are so many amazing

people out there,

01:01:08:06 - 01:01:13:02

social media is obviously a mine of them,

who have supported me in small ways

01:01:13:02 - 01:01:14:28

that they might not even acknowledge,

she said

01:01:14:28 - 01:01:17:00

looking at Emma Vogelmann very hard.

01:01:17:00 - 01:01:19:13

You know, everybody,

we are supporting each other and finding

01:01:19:13 - 01:01:22:23

your tribe is so important,

whatever you want to do.

01:01:22:23 - 01:01:25:04

And if that's politics or medicine,

then fine. Hi.

01:01:25:21 - 01:01:30:10

Follow me on Twitter and drop me a DM and we'll get you in. Not a problem.

01:01:30:18 - 01:01:32:22

I love that so much.

01:01:32:22 - 01:01:37:15

And I, I- I'm just sort of thinking

01:01:37:15 - 01:01:41:02

as we're sort of getting- like wrapping up

the episode, I'm just thinking, 'God,

01:01:41:02 - 01:01:44:27

I just want to keep talking to you

about all of the amazing-

01:01:44:27 - 01:01:46:09

I'll come back! Not a problem.

01:01:46:09 - 01:01:48:27

Yeah, we'll just do a part two.

01:01:48:27 - 01:01:51:09

But no it's, it's so

01:01:51:09 - 01:01:53:14

I hate the word inspiring,

01:01:53:20 - 01:01:56:19

but I feel like it's really apt here

though.

01:01:56:23 - 01:02:00:20

All of the things that you're doing

to champion,

01:02:00:29 - 01:02:06:05

to champion disabled people,

women and members of the queer community

01:02:06:05 - 01:02:12:25

and then the beautiful intersection

of all of those communities which do exist

01:02:13:01 - 01:02:16:24

to anyone who thinks they don't,

they do in fact exist.

01:02:17:02 - 01:02:23:11

But I just want to say the biggest thank

you for being on The Wheelchair Activist

01:02:23:11 - 01:02:28:19

and for having such an interesting

and open conversation with me.

01:02:28:19 - 01:02:29:24

I have,

01:02:29:24 - 01:02:34:22

I certainly have taken so much from it,

and I really think listeners will as well.

01:02:34:25 - 01:02:35:18

So thank you.

01:02:35:18 - 01:02:37:01

Honestly, thank you for having me.

01:02:37:01 - 01:02:39:14

It's been my absolute pleasure

and I've now got to go and write down

01:02:39:14 - 01:02:42:10

what my mission in life is before

I forget it before my next coaching session.

01:02:42:10 - 01:02:44:08

(laughs) Thank you Emma!

01:02:45:22 - 01:02:47:12

Thank you so much for listening

01:02:47:12 - 01:02:52:07

to this episode of The Wheelchair Activist

with the amazing Dr.

01:02:52:07 - 01:02:53:25

Hannah Barham-Brown.

01:02:53:25 - 01:02:59:19

I absolutely loved talking to Hannah about

the amazing work she's doing for women,

01:02:59:19 - 01:03:05:20

for disabled people, and for members

of the LGBTQIA+ community.

01:03:05:27 - 01:03:08:27

Before you go,

I want to remind you that we do have

01:03:08:27 - 01:03:11:21

a GoFundMe set up for this podcast.

01:03:12:00 - 01:03:17:18

We are 100% committed to accessibility

here at The Wheelchair Activist, and

01:03:17:18 - 01:03:20:19

we want to make sure that every bit of content

01:03:20:24 - 01:03:23:11

is inclusive and accessible to all.

01:03:23:22 - 01:03:28:09

Every donation allows us to continue

doing this work, which includes

01:03:28:09 - 01:03:32:22

captioning each and every episode

and making it available on YouTube.

01:03:33:07 - 01:03:36:19

Thank you

so so much to everyone who has donated

01:03:36:27 - 01:03:42:03

so far and has allowed us to continue

making this amazing podcast.

01:03:42:13 - 01:03:45:05

Please give this podcast

a share far and wide

01:03:45:09 - 01:03:48:16

so everyone can enjoy the amazing content.

01:03:48:27 - 01:03:51:00

This podcast has been hosted by me,

01:03:51:00 - 01:03:54:17

Emma Vogelmann,

produced by me and Isabelle Anderson,

01:03:54:22 - 01:03:56:25

and edited by Joe Tapper.

01:03:57:06 - 01:04:01:20

Thank you so much for listening and

I can't wait to see you in the next one.