**Disability History Month: Our Stories.**

**Video transcript: Josie.**

I have a few health conditions and disabilities, so I have fibromyalgia, I have chronic seizures and a musculoskeletal condition in my feet, where my ankles aren’t lined up correctly. So I have to wear an insole to just keep everything in place. So that helps me walk a little bit, but I can't walk very far obviously, and especially with the fibro on top of that and on top of the chronic seizures, I just thought the best thing to do is just to bite the dust and just get a chair and just take the judgement as it comes, which hopefully we can change that.

So everybody that uses a wheelchair isn’t actually paralysed, it's just an aid. So even people with just something like endometriosis use wheelchair or people with epilepsy use a wheelchair. I mean, epilepsy. You look normal, don't you? So you have to remember, a lot of disabilities are hidden. So I think we’ve just got to be less judgy towards people.

If you see someone get up from their wheelchair, let them get up from their wheelchair. They might be like, oh, the pains, the pain has subsided. I can walk. I mean, sometimes I do that. I just like I have a good I have a good spell, like, because it’s not very good for me to sit in the chair all the time it actually does my back in. A lot of the times I'm like, I’m gonna take a little walk.

This thing doubles up as a walking frame as well; you use it as a chair and a walking frame. And I've also got a stick that I use as well. When I first came to this historic docksite, this campus, obviously my old chair wasn't really suitable. So I thought, okay, we can get over the cobbles. I'll see what I can find. I found these fantastic big wheels,

that just goes through them. I was like, I mean, sometimes even us as disabled people, we have to adapt to the environment. Okay, we've got a few obstacles. Let's see what I can find. There you go.