

**Escape. Connect. Relate.**

# **Equalities & Diversity - Health, Disability & Accessibility**

Health refers to a person's mental, physical, and social wellbeing. A person's state of health will vary throughout their life, and can be impacted by illness or disability. A disability is "any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities and interact with the world around them" (CDC). About 15% of the global population live with some form of disability and this number is increasing (WHO). Some people disagree on the correct usage of the term 'disability'.

Accessibility means that people are not excluded from using something (e.g. a service, a physical space, a website etc.) on the basis of their state of health, illness, or disability. It is important that the world becomes more accessible, so that all people are given equitable treatment and can thrive.





# ECR Suggested Reads

Many of our suggested reads are available from your school library and from [Edinburgh Libraries](#). Some books may contain triggering or upsetting content. Please use the age ratings as guidance and ask your school librarian for help. Books are listed in alphabetical order by author's surname.



## **The Secret of Haven Point, by Lisette Auton**

Alpha became a 'Wreckling' after a fire gave her facial injuries. She was washed up at a lighthouse and found by a mermaid. Since then, Haven Point has become a refuge for disabled people, where non-disabled outsiders are not permitted. One day Alpha sees a glint of light that shouldn't be there. Someone has broken through the boundary and the Wrecklings must protect their peaceful life.

**S1+, Disability**



## **Wilder than Midnight, by Carrie Burnell**

Wild Rose was born without the lower part of her arm. She was rejected by her mother but has grown into an independent young woman. Aurelia is locked in a tower but she has wings and a plan. Saffy is a dutiful daughter who longs for adventure. When fate brings these three together, the secrets that have kept people in their place will be exposed. And there will be consequences.

**S1+, Limb Difference**



## **One, by Sarah Crossan**

Grace and Tippi are conjoined twins, joined at the waist, defying the odds of survival for sixteen years. They share everything, and they are everything to each other. They would never imagine being apart. For them, that would be the real tragedy. But something is happening to them. Something they hoped would never happen. And Grace doesn't want to admit it. Not even to Tippi.

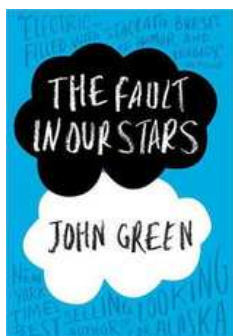
**S3+, Conjoined Twins**



## **What the World Doesn't See, by Mel Darbon**

Maudie and Jake's family is falling apart - their mum's been struggling with her grief since they lost Dad and one night she vanishes. When Jake is put into care, Maudie comes up with a wild plan to kidnap him back. On the run in Cornwall, Jake and Maudie each find something they hadn't expected - freedom and love. But can they find Mum and a way to heal together?

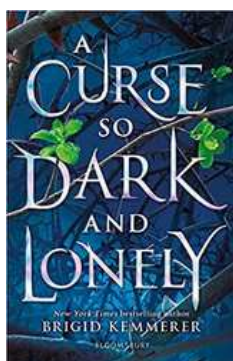
**S3+, Learning Disability**



### **The Fault in Our Stars, by John Green**

Despite the tumour-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

**S3+, Cancer**



### **A Curse So Dark and Lonely, by Brigid Kemmerer**

Nothing has ever been easy for Harper. With her father long gone, her mother dying, and her brother constantly underestimating her because of her cerebral palsy, Harper has learned to be tough enough to survive. When she tries to save a stranger on the streets of Washington, DC, she's pulled into a magical world.

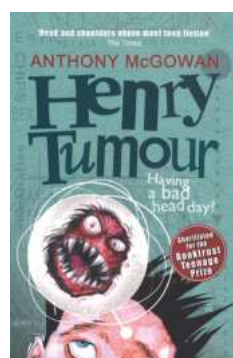
**S3+, Cerebral Palsy, Series**



### **Jayben and the Golden Torch, by Thomas Leeds**

Can one boy with no memories save the world? Jayben discovers that many moons ago, a giant put a dark spell on the golden torch, and the elves forgot everything that had come before. Now they hang precious memories in jars on trees, just to try to remember. But a new darkness grows among them. Can Jayben save the world before the lights go out forever?

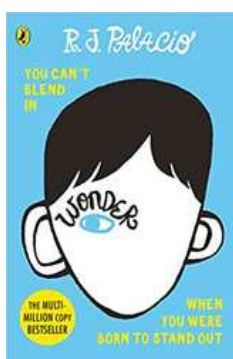
**S1+, Brain Injury, Series**



### **Henry Tumour, by Anthony McGowan**

As if school bullies and his mum's tofu sandwiches weren't enough for Hector Brunty, he now has another dilemma: a talking brain tumour. Henry Tumour turns out to be the perfect alter-ego, advising Hector on haircuts and high-fashion, but soon Henry Tumour is trying to make more decisions about Hector's life than he'd like.

**S3+, Cancer**



### **Wonder, by R. J. Palacio**

August Pullman was born with a facial difference that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face.

**S1+, Facial Difference**



### **Roll With It, by Jamie Sumner**

People see a kid in a wheelchair and think she's going to be all sunshine and cuddles. But Ellie tells it like it is. She has to start all over again in a new town where she's not just the new kid, she's the new kid in the wheelchair. When Ellie makes friends, she has to convince her mom that this town might just be the best thing that ever happened to them!

**S1+, Cerebral Palsy, Series**

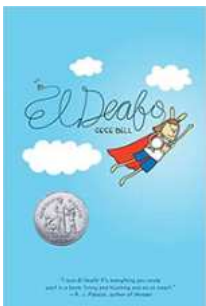


### **Farewell Tour of a Terminal Optimist, by John Young**

Quick-witted, sharp-tongued Connor Lambert won't take it any longer: the bullying, the secrets, the sympathy. He's been dying from cancer for years, but he's not dead yet. He's going down fighting. But Connor's left two things behind - the medication he needs to keep him alive, and the girl who makes living bearable.

**S3+, Cancer**

## Picture Books & Graphic Novels

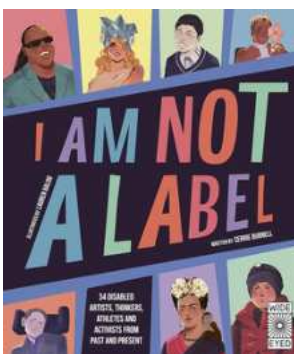


### **El Deafo, by Cece Bell**

Starting at a new school is scary, even more so with a giant hearing aid strapped to your chest! At her old school, everyone in Cece's class was deaf. Here she is different. She is sure the kids are staring at the Phonic Ear, the powerful aid that will help her hear her teacher. Too bad it seems certain to repel potential friends.

**S1+, D/deafness**

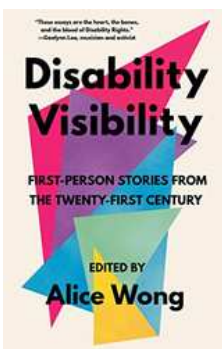
## Information Books



### **I Am Not A Label, by Cerrie Brunell**

Meet 34 trailblazing disabled role models! From the famous to the less well-known, and from the past to the contemporary, it's an eclectic range of stories, each introduced with humour and heart. Each biographical account focusses on the individual's unique experience, reminding us of the diverse spectrum encompassed by the word 'disability'.

**S1+, Disability**



### **Disability Visibility, by Alice Wong**

A groundbreaking collection of first-person writing on the joys and challenges of the modern disability experience: Disability Visibility brings together the voices of activists, authors, lawyers, politicians, artists, and everyday people whose daily lives are, in the words of playwright Neil Marcus, "an art...an ingenious way to live."

**S3+, Disability**



# Resources

Disclaimer: the ECR team does not take credit for these links, which are all offered and maintained by external providers

## **Disability Rights UK**

Charity representing the needs and expectations of disabled people in the UK.

<https://www.disabilityrightsuk.org/>

## **Disability Information Scotland**

Provides reliable, accurate and accessible information for people living with disability in Scotland

<https://www.disabilityscot.org.uk/>

## **Teenage Cancer Trust**

Seeks to improve the cancer experience of young people aged 13–24.

<https://www.teenagecancertrust.org/>

## **National Deaf Children's Society**

The leading charity for D/deaf children.

<https://www.ndcs.org.uk/>

## **Disability Equality Scotland**

Working to achieve full access and inclusion for every disabled person in Scotland

<https://disabilityequality.scot/young-membership/>

## **Brainwave**

Helping children with disabilities and additional needs to achieve greater independence.

<https://www.brainwave.org.uk/>