



# SHALIM ALI

## PEOPLE WITH LEARNING DISABILITIES

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Having a learning disability has made me feel that I can stand up for myself. At school, I loved sport. I was in the school football team and did athletics. I play football for a disability football team this helps my fitness & mobility and I have made loads of friends. I did boxercise at Choice Support, which clears my mind of stress and frustration.

I have worked for Heart and Soul for 15 years as a DJ, part of the media team, doing filming and editing. I am part of the Heart & Soul radio show 'Chatterbox' broadcasting once a month. I am a Trustee for them and go to monthly meetings. I am involved in the Big 30th Anniversary celebration and am working on the archives about the history of the organization.

I am supported by Choice Support for daily chores and help to understand information and finding things to do & for advice. I am in the Choice Support Our Rights Group. As self-advocates we talk about issues, like well-being and hate crime. We are part of the Dimensions #I'mwithSam campaign. I feel strongly about equal opportunities and diversity. I like socializing and keeping



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up with topical things. I write my own blog about my views and read other people's blogs.

I am a Quality Checker for Choice Support and a co-worker for the Jack Project which helps men with learning disabilities to understand more about relationships & health, and well-being.

I want to be part of the LDE representative body to help other people with learning disabilities to get more paid work, rights to better housing and to promote lots of other issues



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