

Independent Living Movement Ireland: Real Talk - Disabled People, By Disabled People

(<https://www.activelink.ie/node/113853>)



Real change starts with real conversations. Ever wondered what peer mentoring really means? How activism connects to your daily life? Why getting the right support is still so difficult? Join ILMI for a powerful series of discussions led by disabled people, for disabled people. No jargon, no fluff, just practical, honest conversations about what matters.

These sessions are about more than just talk. They are about learning from each other, sharing experiences, and finding new ways to push for the change we need. Whether you are new to activism or have been fighting for disability rights for years, this space is for you.

Session 1: Peer Power – What’s In It for Me? Tuesday 4th March 12 noon via Zoom Peer mentoring can sound abstract, but at its core, it is about disabled people supporting each other. Learn how connecting with peers can offer real, practical benefits in your life.

Session 2: Smashing Barriers – Why Is It So Hard to Get Support? Tuesday 11th March 12 noon via Zoom From personal assistance to healthcare and education, disabled people face constant barriers. This session is about identifying those barriers and discussing how we can challenge them together.

Session 3: Activism – A Buzzword or Real Power? Tuesday 18th March 12 noon via Zoom Activism is often misunderstood. It is not just protests or politics; it is about disabled people using their collective power to drive real change. This session explores what activism looks like and how it can be part of your life.

Session 4: Keeping the Fire Lit – How Do We Keep Going? Tuesday 25th March 12 noon via Zoom Activism can be exhausting. Fighting for our rights takes time and energy. This session focuses on how we can stay motivated, support each other, and keep going without burning out.

Session 5: Your Local DPO – Why It Matters & How to Get Involved. Tuesday 1st April 12 noon via Zoom Disabled Persons’ Organisations (DPOs) are at the heart of rights-based change. This session will break down what DPOs do, why they matter, and how you can be part of strengthening the collective voice of disabled people.

Register now by **emailing info@ilmi.ie** (<mailto:info@ilmi.ie>). Sign up for all five sessions and attend the ones that matter most to you. These conversations are about disabled people supporting each other, taking action, and making real change happen.

Region

Online / Zoom

Date Entered/Updated

17th Feb, 2025

Expiry Date

28th Mar, 2025

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