

The background of the slide features abstract, overlapping geometric shapes in various shades of pink and magenta, creating a modern and artistic feel. The shapes are primarily triangular and polygonal, with some areas appearing more translucent than others.

What Independence Means To Me

Andrea Begley

Growing up with a disability

- ▶ Diagnosis
- ▶ Adapting to life as a blind person
- ▶ School / University



Employment as a disabled person

- ▶ Working in the NI Civil Service
- ▶ Disability advocacy
- ▶ Volunteering with RNIB



The importance of music



The importance of music

- ▶ Music from an early age
- ▶ Getting involved with the Belfast music scene
- ▶ My Voice UK experience
- ▶ What music means to me nowadays



Independent

- ▶ I've learned
- ▶ Not to limit myself because of my disability
- ▶ Do not let others define you by your disability
- ▶ Even things you thought were impossible are achievable with adaptations
- ▶ People generally helpful
- ▶ Every now and then it can be rough and it's OK to admit you are having a bad day
- ▶ Negative stereotyping is still a reality, so we need to call it out when we can
- ▶ Determination can go a long way to helping you overcome the barriers
- ▶ Everyone's disability journey is unique, so do not compare yourself to others
- ▶ Never forget you have something to contribute to the wider world
- ▶ There is still so much fun to be had out there