Whilst struggling with isolation and depression during her secondary school education, Adele – a profoundly deaf teenager with cerebral palsy – found herself writing poetry as a way of coping with her situation. A year or so later, she made the brave decision to publish this poetry as a way of reaching out to others who may have experienced similar difficulties, in order that they can know that they are not alone, that others are also going through these feelings and emotions, and that there is always hope. The book – entitled Painful Courage – was published earlier this year, and can be accessed [here](https://www.amazon.co.uk/Painful-Courage-Collection-Overcoming-Adversity/dp/1523802715/ref=sr_1_1?ie=UTF8&qid=1464263203&sr=8-1&keywords=painful+courage).

Adele recently met with Cllr. Jackie Drayton and Antony Hughes (Children’s Commissioner and Director of Inclusion & Learning) to share her experiences, and her ideas on how inclusion for people with Special Educational Need and/or Disabilities might be improved across both schools and communities. This was a positive experience, and Adele clearly made on impact on everyone present!

The slides that she produced ahead of this meeting are attached.

The Amazon page on the above link describes Adele as “a vibrant young woman who is profoundly deaf, and wants to share her experiences in a very open and honest manner. She believes that everyone is capable of achieving their goals, and that we all - sensory impairment, disability or otherwise - should strive to reach the stars.”