

Access Rider for Amina Ndlovu

I'm an artist working in performance, visual storytelling, and community arts. My work centres around themes of memory, land, and resilience. I identify as a disabled person and live with Lupus, an autoimmune condition that affects my joints, skin, and energy levels. My symptoms can vary day to day, often triggered by stress, weather (especially sun exposure), and physical overexertion. I use a walking stick on flare-up days and sometimes require a wheelchair. It is important to me that we create a working culture based on care, trust, and clear communication.

My Access Needs

Office/Planning Days

I work best between 10am and 3pm, as I experience joint stiffness and fatigue in the early mornings and late afternoons.

I need physically accessible spaces with ramps, accessible toilets, and seating with back support.

Please provide all documents in both digital and large print formats.

I appreciate meetings that are paced with pauses and space for reflection.

Remote/hybrid options help me manage flare-ups and reduce travel fatigue.

Travel

I cannot walk long distances or navigate uneven terrain. Please ensure accessible ground transport.

I require accessible accommodation: step-free entrance, support bars in the bathroom, and a bed with a medium-soft mattress.

Workshops/Community Engagement

I prefer smaller group sizes to reduce sensory strain.

I benefit from frequent breaks and access to water and cool spaces (Lupus makes me sensitive to heat and direct sunlight).

Written instructions and visual aids help me communicate with participants more effectively.

I request scent-free environments as I have chemical sensitivities.

Emergency Information

If I begin to feel unwell e.g., joint pain, fatigue, or dizziness, I may need to step away from the space or return home. If symptoms escalate, I might require medical attention. In the case of an emergency, please contact:

Name: Thandiwe Moyo

Relationship: Sister

Phone: 07503 496582

Supporting Information

More about Lupus: <https://www.lupusuk.org.uk/lupus-information/>

Source: <https://weareunlimited.org.uk/wp-content/uploads/2025/06/Creating-your-own-access-rider-Unlimited-PDF.pdf>