Call for Videos: Celebrate Our 40th and Demand change!

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| GMCDP is going to be 40 this year! From 1985, we have fought for disabled people to have power over their own lives, challenge the unfair opportunities that they may come across, and take our place at the heart of the region we live in. | **A group of people in wheelchairs  Description automatically generated** |
| Over the years we have built important friendships with:   * **Deaf and disabled groups** * **Community organisations** * **Organisations made up of members (trade unions).** * **Anti -racist (challenge racism in society) and feminist activists (challenge rights that women have).** * **Environmentalists (people who are interested in the environment and try to protect it from being damaged by activities humans do)** * **Campaigning lawyers (Lawyers that campaign in the legal sector.** * **And lots more.** | **A group of people standing together  Description automatically generated**Female Activists Throughout History Poster | A Mighty Girl  Environmentalists picking up trash ...What Does It Mean to Be an Anti-Racist ... |
| We are proud of everything that we have done together, and we would love you to celebrate with us in July.  We will be holding lots of events which you can join us at such as…   * **T-shirt making** * **Performance and art** * **Campaign meetings** * **A party** | **A calendar page with a red and white cover  Description automatically generated** |
| **The fight is far from over**  Disabled people often still feel not included, set apart from a group and ignored.  The communities you work with will go through the same barriers. That’s why we think it’s important for you to help us. | **A person sitting on a chair  Description automatically generatedA person in a wheelchair  Description automatically generated** |

# Send us your video of: What Needs to Change?

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| We are going to ask friends and supportive contacts we can trust to submit a birthday message with a difference.  Record a short **30 second video** about a change you want to see in our region, country, and world.  We will put together the 40 videos- one for every year of GMCDP- as a record of our journey and our requests. | **Two women standing back to back with their arms crossed  Description automatically generatedA blue sign with white numbers  Description automatically generated** |
| All together let’s create a clear view of the future out there that we are fighting for. A future that is inspirational to the supporters and clear to the people in power what should change. |  |

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| You can use any type of recording device such as a phone, laptop, webcam, or camcorder.  If you need support you can ask someone to help you start and stop recording. | **A video camera with a screen  Description automatically generated**  **A computer with a blue screen  Description automatically generated** |
| Try to keep your message **under 30 seconds** so we can show lots of peoples voices as possible. | Introducing the Adult Carers Forum ... |
| It’s important to speak or sign clearly and at a **slow and steady pace** so everyone understands the message  Here are guidelines to follow.  **1. Start with a greeting: ‘’Hi my name is’’ …. /’’Hi we are (organisation you’re from) ….’’**  **2. Say birthday wishes!’’ Happy 40th! anniversary, GMCDP!’’.**  3. **Tell us one thing your passionate about changing’** ’One thing I think is important to change’’ /we want to change is’……(focus on a change for disabled people across UK.) | A person with glasses and a blue shirt waving  Description automatically generated  A person holding a card  Description automatically generated  The UK must change for disabled people ... |
| If you need inspiration, then you can check out this video by clicking on the link underneath.  <https://www.youtube.com/shorts/Fdb1jWjXbmo> |  |
| To make sure the video is accessible we will put **BSL interpretations** in and wording thought the video.  When you send the video, please do not add any captions as we will add the captions to make sure all the videos are similar. | **A group of people standing together  Description automatically generated**  **A person on a television  Description automatically generated** |
| When the video is finished you can send it to [info@gmcdp.com](mailto:info@gmcdp.com) .  If you want to ask any questions and are interested in doing a video, then email [kayla@gmcdp.com](mailto:kayla@gmcdp.com) or call or text them on **07367755691.** | **A computer with a paper on the screen  Description automatically generatedA close up of a phone  Description automatically generated** |
| Good luck in making the video the deadline is the **15th of April 2025**. | Good Luck |

# How to film and submit Your Video: