

## INCLUSION CENTRAL -Edition 1 2025/2026



Rose Ayling  
Ellis



Stevie Wonder



Cat Burns



Stephen Fry



Elton John



Selena Gomez



Lady Gaga



Daniel Radcliffe

What do all of these celebs have in common? Can you guess their hidden disability?

Session 1:

Some members from Southfield School came to Holy Family. We looked at our mascot Banjo the Bear and thought about what hidden disabilities Banjo may have. During the break we made friends, had fun and showed them our wonderful school! In one activity, we looked at different scenarios to discuss what possible hidden disabilities people had and how we could help.

Can you find the different disabilities in our wordsearch below? Do you know what they are?

A U T I S M S H E I S D T B S E  
S G T S F H I F A U T I D S B P  
E A I X E L S Y D S B T A L I I  
N S J A I A G B H U E T I I P L  
D E A F Y D O R D A P N D C O E  
O C B H G A B H D T D D B J L P  
F I B R O M Y A L G I A D N A S  
D O Y U A G H S R J E O K M R Y  
I U T O K P L M F G B R X D S Z  
A N X I E T Y S H U Z G A D Y B

AUTISM  
ADHD  
SEND  
DYSLEXIA  
ANXIETY  
OCD  
BLIND  
DEAF  
FIBROMYALGIA  
EPILEPSY  
BIPOLAR

#### Session 2:

We paid a visit to Southfield School on the 17th of November 2025. Everyone was all very kind and looked happy in their [big] school. We started with colouring and playing with fidgets until they were ready. The first thing we saw was lots of celebrities on the projector [like at the top of the first page]. We found out what disabilities they have and how nothing stopped them from achieving their dreams! We then did an activity where we had to match the hidden disabilities to their description [see below]. We then said goodbye and came back to school.

Can you match these disabilities to their description?

1. **Fibromyalgia**      A. Engage in compulsive behaviours to relieve the anxiety caused by their obsessive thoughts
2. **ADHD**      B. Recurrent episodes of sensory disturbance, often associated with electrical activity in the brain.
3. **Autism**      C. Widespread pain and tenderness around the body
4. **Epilepsy**      D. Mainly, difficulties with social interaction, communication and restricted or repetitive patterns in their thoughts and behavior.
5. **Hearing loss/deaf**      E. Having little or no usable vision
6. **Sight impairment**      F. Attention deficit hyperactivity disorder
7. **Dyslexia**      G. Not being able to hear properly. May use hearing aids or cochlear implants.
8. **OCD**      H. Mainly affects the ease of which a person reads, writes and spells

### Glossary

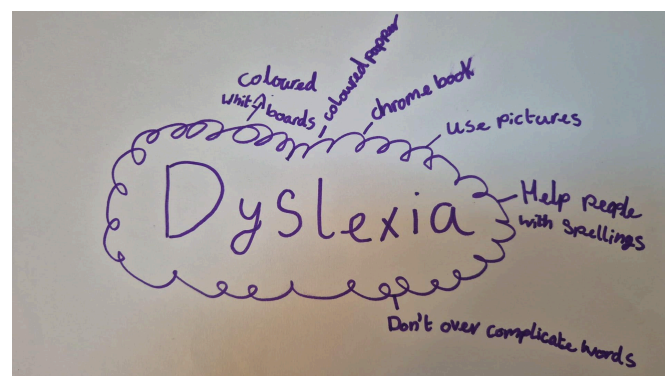
- Fibromyalgia - Is a long-term condition causing widespread pain and tenderness around the body, along with other symptoms such as fatigue, sleep problems, and cognitive issues called 'fibro-fog'.
- ADHD - ADHD stands for attention deficit hyperactivity disorder and affects people's focus and concentration

- OCD - OCD stands for obsessive compulsive disorder and is a mental health condition characterised by unwanted intrusive thoughts.
- Dyslexia - Is a learning difficulty that primarily affects reading, writing, and spelling skills due to differences in how the brain processes language.
- Autism - Is a lifelong neurodevelopmental condition that affects how a person communicates, interacts with others and experiences the world.
- Epilepsy - Is a chronic brain disorder characterised by recurrent seizures, which are caused by abnormal electrical activity in the brain.
- Hearing loss/deaf - Is a partial or total inability to hear, caused by a problem in the ear or hearing system that affects the perception of sound.
- Sight impairment - Visual impairment means a loss of vision that cannot be fully corrected with glasses or contact lenses.

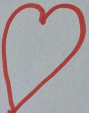
### Answers

Lady Gaga has fibromyalgia. Daniel Radcliffe has dyspraxia and OCD. Cat Burns has autism and ADHD. Stephen Fry has ADHD. Stevie Wonder is blind and has ADHD. Rose Ayling Ellis is deaf. Selena Gomez has Lupus and bipolar disorder. Elton John has epilepsy. They all have hidden disabilities.  
 1C. 2F. 3D. 4B. 5G. 6E. 7H. 8A.

A U T I S M S H E I S D T B S E  
 S G T S F H I F A U T I D S B P  
 E A I X E L S Y D S B T A L I I  
 N S J A I A G B H U E T I I P L  
 D E A F Y D O R D A P N D C O E  
 O C B H G A B H D T D D B J L P  
 F I B R O M Y A L G I A D N A S  
 D O Y U A G H S R J E O K M R Y  
 I U T O K P L M F G B R X D S Z  
 A N X I E T Y S H U Z G A D Y B



V oices  
 O pinion  
 I nspiring  
 C aring  
 E veryone be heard  
 S upported  
 O CD  
 F ibromyalgia



H elpful  
 E veryone spreading the word  
 R eassuring  
 T eam work  
 F riendship  
 O ffering support  
 R ecognising everyone's needs  
 D yslexia  
 S upporting friends  
 B onest  
 I nspirational words  
 R ecognising your potential  
 E quality

by Alice H

**DISABILITIES MAKE YOU A BETTER PERSON.**

A person doesn't have a disability they only have a different ability. Never judge anyone because you don't know what they are going through. Never neglect people.

Different peoples have disabilities for good.

Including people in your games makes them feel welcome.

Smile to them every now and then.

Ask if they're ok and make them feel they can trust you.

Be compassionate and loving towards others.

Identify them as a special person.

Learn that other people are different.

In their times of need help them.

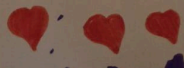
Tell and promise you'll always be there for them.

Inform them you can be trusted.

Ensure they are okay and be welcoming.

See and understand others and different in special ways.

By Nadine



**HIDDEN DISABILITIES**

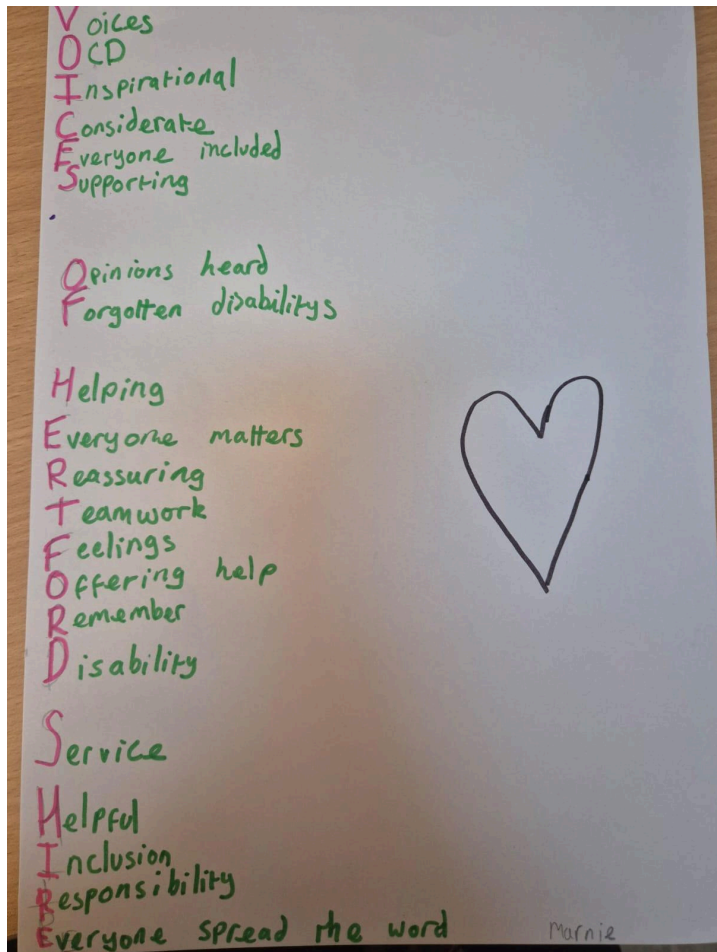
**K** stands for kindness  
 always be kind because you never know what people are going through.

**I** stands for inclusion  
 include everyone in your games because they might be getting left out.

**N** stands for never be rude  
 never be rude because you will be making people sad.

**D** stands for don't ever judge people  
 because it might be harmful.

**J** stands for don't judge people  
 because it might be harmful.



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