



Sisters of Frida Mentorship Programme Application Form

About Us

Sisters of Frida is a collective of Disabled women and gender-diverse people. We work to build networks, share experiences, and create spaces for mutual support and collective action.

Founded through a shared need for Disabled organising, we became a Community Interest Company (CIC) in 2014. Our work continues to respond to the persistent barriers and multiple forms of discrimination Disabled women and gender diverse people face, and the ongoing marginalisation of our voices.

Our work is rooted in disability justice, intersectional feminism, and collective liberation. We understand ableism, racism, and capitalism as interconnected systems of oppression shaping our lives.

We are committed to:

- Challenging these systems of oppression
- Working from the social model of disability
- Centring lived experience and leadership of Disabled women and gender-diverse people
- Building collective power, not individual success
- Rejecting tokenism and demanding structural change
- Practising accountability, solidarity, and care

Through this programme, we support activists to challenge injustice and build alternatives together.

The Programme & Who We're Looking For

This two-year mentorship programme supports Disabled women and gender-diverse people who are engaged in, or beginning, organising and activism.

Applicants must be self-identified Deaf and Disabled women and/or gender-diverse people, aged 18 or over and live in a London borough.

The programme combines collective learning, practical skills-building, and one-to-one mentorship, with a focus on disability justice. Participants will take part in regular sessions exploring power, organising, and political practice, alongside engagement in real-world activism. In the second year, participants will be matched with mentors who will support them to develop a project that strengthens their leadership and community work. The programme is collaborative

and participant-led, and will culminate in a final symposium showcasing participants' work and learning.

Name:

Preferred Name (if different):

Pronouns:

Email Address:

Phone Number (optional):

Postcode:

Accessibility & Communication Needs

We are committed to access as a collective responsibility, not an individual burden.

Do you have any access needs we should be aware of during the application or interview process? (Please describe- eg- BSL interpreter, captions, flexible deadlines, alternative formats)

What is your preferred method of communication?

- Email
- Phone
- Video call
- Text message
- Other:

About Your Activism

We recognise activism in many forms, including resistance to systemic oppression, mutual aid, survival, and everyday acts of refusal under ableism, racism, and capitalism. Please feel free to respond to the below questions in any format (video, audio note etc. Please send along with your application form to admin@sisofrida.org).

Tell us about your history of activism. (This can include grassroots organising, mutual aid, campaigning, creative resistance, or personal/political lived experience.) (Max 300 words)

What would you aspire to do in the programme? (For example: a specific project, building campaigns, strengthening community power, developing leadership, or advancing social justice work.) (Max 300 words)

Commitment

This is a 2-year programme grounded in collective care, accountability, and sustained engagement. (Please tick/confirm)

- I can commit to participating in the programme for its full duration
- I can attend regular sessions (online/in-person as required)
- I understand that this is a collaborative space that requires active participation, including listening to others, being respectful, and contributing to a supportive learning environment

Are there any potential barriers to your participation we should be aware of?

Equality & Monitoring Form

The information you provide will be used to understand who we are reaching, identify structural inequalities, and strengthen our commitment to equity and justice.

Location Eligibility

This programme is London-based. Applicants must be based in London or have easy access to London in order to participate.

Are you able to travel to or participate in London-based activities?

- Yes
- No
- Prefer not to say

Disability

Do you identify as Deaf or Disabled?

- Yes
- No
- Prefer not to say

How would you describe your disability or access needs? (Optional)

Gender Identity

How do you describe your gender?

- Woman
- Non-binary
- Trans woman
- Self-describe:
- Prefer not to say

Age

- Under 18
- 18–24
- 25–34
- 35–44
- 45–54
- 55–64
- 65+
- Prefer not to say

Ethnicity

Do you self define as being a racialised person?

Sexual Orientation

- Heterosexual / Straight
- Lesbian / Gay
- Bisexual
- Queer
- Self-describe:
- Prefer not to say

Socioeconomic Background

Did you grow up in a low-income household?

- Yes
- No
- Not sure
- Prefer not to say

Caring Responsibilities

Do you have caring responsibilities?

- Yes
- No
- Prefer not to say

How did you hear about this programme?

Final Declaration

I confirm that the information I have provided is accurate to the best of my knowledge.

Name:

Date:

Data Protection & Privacy Notice

We take a rights-based approach to data and are committed to protecting your personal information.

- Your application data will be used only for the purpose of running and assessing this programme.
- Monitoring data will be used collectively and anonymously to challenge inequity and improve our practice.
- Your data will be stored securely and accessed only by those involved in the selection process.
- We will not share your information without consent unless legally required to do so.
- We will retain your data only as long as necessary and then securely delete it.

By submitting this application, you consent to your data being used in line with this notice.

If you have any questions or concerns about your data, please contact us.

Please send your completed application to admin@sisofrida.org.