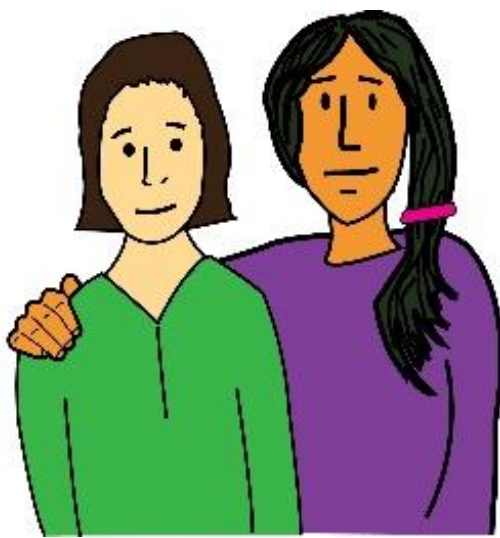




Sisters of Frida

Mentorship Programme

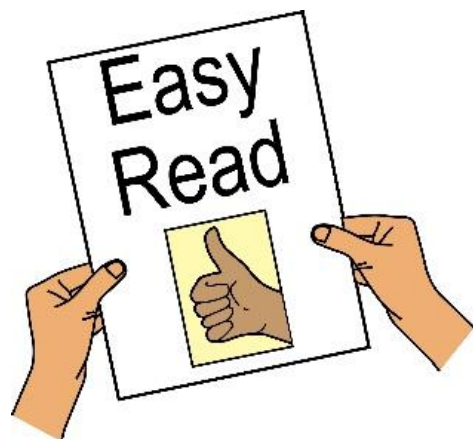


Application Form

Easy Read version

Mentorship: when an experienced person supports and guides another person to help them learn and grow.

May 2026



About Us



Sisters of Frida

Sisters of Frida is a group of Disabled women and **gender-diverse** people.

gender-diverse: this means people who do not feel like they are a woman or a man. They might feel like neither or those or a mix of them or something else.



We fight for the equality and the rights of Disabled women and gender-diverse people.

We do this by:

- bringing people together
- supporting each other and sharing experiences
- campaigning and taking action for change



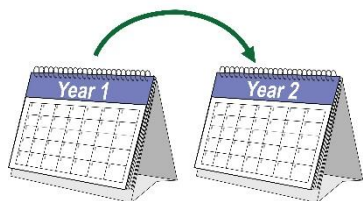
We will:

- challenge unfair systems
- use the social model of disability
- put the voices and experiences of Disabled women and gender-diverse people first
- support Disabled women and gender-diverse people to lead
- build power together
- fight for real change

The Social Model of Disability



About our mentorship programme



Our mentorship programme lasts for 2 years.



It supports Disabled women and gender-diverse Disabled people who are:

- already taking action for change (**activism**)
- or just starting to take action.

activism: taking action to make good changes to society or community or another cause.



You can apply if you:

- are a Deaf or Disabled woman or a gender-diverse person
- are 18 or older
- live in a London borough



Our programme will help you:

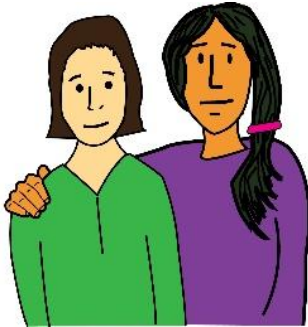
- learn with others
- build useful skills
- get 1-to-1 support





You will learn about:

- disability justice
- getting involved with activism
- how to organise people to make change
- how power and politics affect people and making change



In year 2, you will get a mentor. Your mentor will help you with a project to:

- become a stronger leader and
- better support your community.

At the end of the 2 years, participants will share what they did and learned.



City Bridge Foundation funds our programme.

Your details



Name:

Preferred name (if different):

Pronouns:

(This means, do you want people to call you “she”, “they” or something else?)



Email address:



Phone number (you do not have to give this if you do not want to):



Postcode:

Accessibility & Communication Needs



Being able to access information is a right, not a problem.

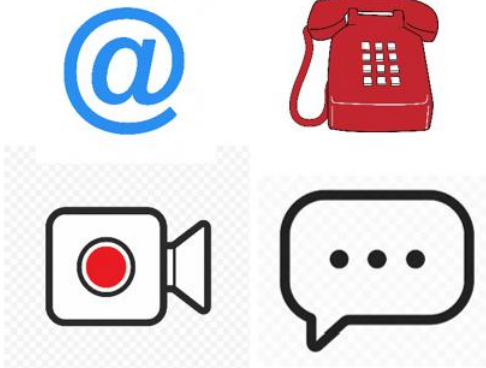
Do you need information in another way?

Do you have any access needs for the application form or interview process? For example, using a BSL translator, captions, or more time for deadlines.



Please tell us what you need below.

Which is the best way for us to communicate with you?



- email
- phone
- video call
- text message
- other:

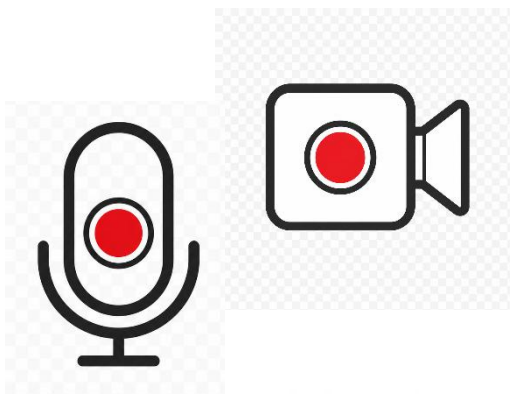
About your activism



People can do activism in many different ways.

This can include:

- speaking up against unfair treatment
- helping your community
- surviving hard systems
- saying no to things that harm Disabled people



You can answer the questions below in the best way for you. For example, you can make a video or record an audio note.



Please send these with your application form to:

admin@sisofrida.org

Tell us about your history of activism



This can include:

- grassroots organising in your community
- helping others
- joining campaigns
- being creative to show your message
- or sharing your own story and experiences.



(Please write 300 words at the most.)

What do you hope to do in the programme?

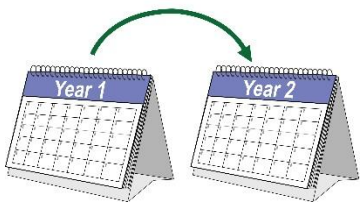


For example:

- a special project
- doing campaigns
- making your community stronger
- become a better leader

(Please write 300 words at the most.)

Commitment



This programme lasts for **2 years**.

Please tick the boxes below to show you understand and agree with each sentence.



I understand that I will need to:

take part for the full 2 years



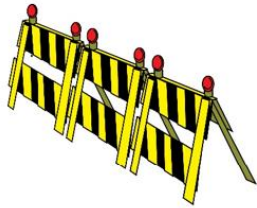
come to regular sessions (both online or in-person)



be active in the group including:

- listening to and respecting other people
- helping make the group a good place to learn.

Is there anything that might stop you from taking an active role in the group? Please tell us below.



Equality information



In this section, we will use your answers to help us understand:

- who is applying
- who we are reaching
- how we can make our work fairer for everyone

Location (where you live)

Can you travel to London for some activities?



yes

no

prefer not to say

Disability



Are you Deaf and/or Disabled?

- yes
- no
- prefer not to say



Please tell us about your disability or access needs below. (You do not have to answer this question if you do not want to.)

Gender identity



Gender identity means how a person feels about being male, female, both or neither.

How would you describe your gender?

- woman
- non-binary (I do not feel like a man or a woman)
- trans woman (I was born a man but now I am a woman)
- self-describe (say in your own words):
- prefer not to say



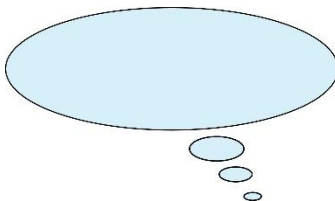
Age



Which age group are you in?

- under 18
- 18 to 24 years old
- 25 to 34 years old
- 35 to 44 years old
- 45 to 54 years old
- 55 to 64 years old
- 65 years or older
- prefer not to say

Ethnicity (your culture and background)



Do you think of yourself as a racialised person?

This means, do you think of yourself as someone who has been badly affected in life because of:

- your race
- your background
- your culture
- or the colour of your skin.

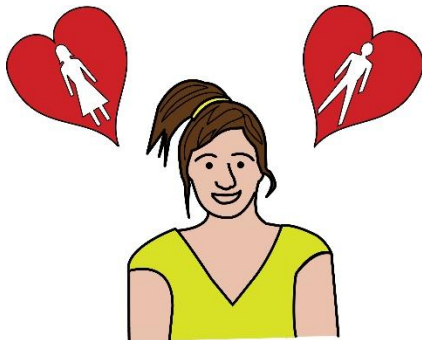
If you do, please tell us more here:

Sexuality



How do you describe your sexuality?

This question asks who you are attracted to. It might be men, women, both or neither.



heterosexual/straight (I am attracted to the opposite sex)

lesbian/gay (I am a woman attracted to women)

bisexual (I am attracted to both men and women)

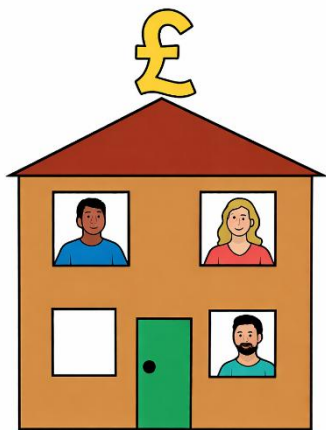
queer (I am attracted to other people in many different ways)



Other (please tell us in your own words):

prefer not to say

Social and Economic background



Did you grow up in a home where people did not earn much money?

- 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?



Please tell us below:

Confirm what you have told us in this application form



“I confirm that the information I have given you is correct as far as I know.”

If you agree with this statement, please write or type your name and date below:

Name:

Date:

Data Protection & Privacy Notice



We will protect your personal information. Only the people choosing who joins the programme can see your information.



By giving Sisters of Frida this application form, you agree to us using your information as we say we will below:

We will only use your application information to:

- run this programme
- look at applications
- choose who joins the programme.





We will use equality information without names. This helps us:

- see if people are being treated unfairly
- improve how we work.



We will not share your information unless:

- you say we can
- the law says we must

We will only keep your information for as long as we need to. Then we will delete it safely.



If you have any questions or worries about your data (information), please contact us.



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

This document was put into Easy Read by the Empower Team at People First (Self Advocacy):

www.peoplefirstltd.com

Information is Power!

People First

a voice for people with learning difficulties