**From the Ground Up – Series 1, Episode 3: Disability Justice Part 1**

00:00:06:06 - 00:00:23:19

Katie

Welcome to From the Ground Up, a podcast by the UK Youth Climate Coalition. This is a podcast by and for young people who are passionate about climate justice and want to make a difference. In each episode, we'll be talking to young activists, that particular issue within the umbrella of climate justice they're passionate about, what it means to be an activist and what you can do to help.

00:00:24:08 - 00:00:42:02

Katie

I'm Katie. I'll be your host today. And our guest is former UKYCC member Kirsten Leggett. This episode is part one of two episodes focused on disability justice. We were originally just going to have one episode on this and Helen from the Community Working Group was going to co-host, but unfortunately they've been ill with COVID and couldn't make this recording.

00:00:42:12 - 00:00:58:23

Katie

So I'm going to have a separate conversation with Helen in the next episode. Disability justice is an issue that's often overlooked in conversations about climate change. So in a way, it's quite a good thing that we've been able to give it a bit extra space across the two episodes. And I'm excited to hear what Kirsten has to say today.

00:01:03:16 - 00:01:12:15

Katie

So today I'm very excited to welcome onto the podcast a former member of UKYCC, Kirsten Leggett. Kirsten, would you like to introduce yourself to the listeners?

00:01:13:20 - 00:01:49:09

Kirsten

Hello, everyone. My name is Kirsten Leggett. I am based up in Edinburgh and I work as a climate change consultant as my day to day role. But I also have a lot to say around climate change. And, and I spent quite a few years as part of UKYCC and as an activist in, in my voluntary capacity. So yes and lots to say on this and lots to say on climate change more generally.

00:01:49:09 - 00:01:51:10

Kirsten

So thank you for listening.

00:01:53:08 - 00:02:11:20

Katie

Yeah, thank you for joining me today. Kirsten, it's really nice to see you again. When I joined UKYCC, Kirsten was my working group co-ordinator, so it’s nice to have you back. I thought maybe a good place to start is. Tell us a bit about your journey into activism and kind of what got you into climate activism.

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Kirsten

Yeah, so thank you for thank you for having me and it's good to get to reconnect. And so I started as a climate activist in 2017, 2018. I just finished my master's in carbon management and that had a lot around the academics of climate change and the business of climate change and and more kind of the standard route into, into a working career within climate change.

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Kirsten

But I was very clear at that stage that there wasn't a lot happening. It was more just like, Oh, we've got this Climate Change Act 2008 and isn't that great? And it's a World First. But that wasn't pushing the boat far enough fast enough in my opinion. So I learned about UKYCC through just a Google round the internet.

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Kirsten

Lots of different climate change groups were up and coming at that stage in 2017/18 and so applied to be part of them. Because I thought being part of a wider group of climate activists is a lot better and a lot more empowering than just trying to do it on your own. And so that kind of started my journey into climate activism and kind of more learning about activists more generally in the justice angle as well as just, you know, the, the, the academic and the business side of climate change.

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Kirsten

As I had known of it from back then. So yeah, it was, it's been an exciting couple of years since then and well, what about five years since then? But yeah, a lot's happened. It's been really exciting to listen in and be part of it.

00:04:00:22 - 00:04:19:05

Katie

Yeah, I think I resonated with quite a bit of what you were saying there about kind of yeah, learning about it from the academic side of things and then feeling like you wanted to be part of a bigger, something bigger than just you because it's yeah, it's very isolating kind of. Yeah. Thinking about all this stuff by yourself and kind of not feeling like you can do anything as an individual.

00:04:19:05 - 00:04:40:20

Katie

And yeah, I think being part of a group is so much more powerful and gives you that sense of community and support. So our topic today is one that I think gets overlooked quite a lot by society in general, but also within the kind of climate justice movement. So I wanted to talk to you today about disability justice.

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Katie

Um, so I'm just going to start with a very broad question. What does disability justice mean to you and how how do you think that relates to climate justice?

00:04:52:14 - 00:05:31:22

Kirsten

Yeah. So perhaps even starting before the broad question and I may not sound it, but I would class myself as disabled so I don't have a visual disability and but I am half deaf, which means that I struggle in certain situations, especially after being in lockdown the last couple of years, I have had to relearn a lot of what I had learned and been able to, you know, be part of society until, you know, 2018, 19, and then 20.

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Kirsten

The lockdown hit. And I spent a lot of time by myself and had to relearn, you know, lip reading skills and and being part of big groups and how that made me feel and being absolutely exhausted for days after being in a social situation because I was having to spend so much of my time reading the room in a way that I don't think those with, you know, 100% hearing have to do.

00:06:02:07 - 00:06:30:24

Kirsten

So that's kind of the angle I'm coming from today is more of a personal angle on on disability justice there. I think we're getting better as a society to understanding people's disabilities and understanding. And it's not just those in a wheelchair that are disabled. There's a whole range spectrum of of disabilities that people can see. And also those that people can't see.

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Kirsten

And I think also when it comes to climate change and climate justice and disability justice, there is a lot at the moment, especially within the activist sphere that I see that involves going on a climate change march or you know, you see them in the news and you've got the quite extreme activists that will tie themselves to buildings or, you know, glue themselves to windows and things like that in a way that some disabled people might want to do that, but physically can't for whatever reason.

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Kirsten

So that is a very, very long winded answer. But I think what it comes down to is having a conversation about and an open mindedness about how people view activism, how people view what they can and can't do. And it's not a case of maybe they they can't do something or they won't do something. It's that they physically are unable to participate because, you know, say the only way they can get to a climate march is by getting on a bus.

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Kirsten

But the wheelchair space on the bus is already taken by someone else. And so they’re late. Or someone else's disability means that they can't be around a big, a lot of people for a long space of time, which means that they don't want to go and don't want to participate in those kind of ways. So there's a lot to unpack with it, and especially as there's a lot to there's a broad spectrum of different ways of thinking about this that I think this is the start of the conversation and it's important that everybody's voices are heard.

00:08:18:12 - 00:08:37:13

Katie

Yeah, I agree. And I think you've touched on some quite important points that yeah, like not everyone is able to take part in direct action in the same way and we should be mindful of that as activists and kind of yeah, I think there's this idea that maybe like the only way to be like a really good activist is to like tie yourself to a building or whatever.

00:08:37:13 - 00:08:54:15

Katie

And actually that's, you know, there are many ways to be an activist and that shouldn't be like the be all and end all. And at the same time, we should kind of create spaces that allow people who can't necessarily do that to be able to feel empowered and do other things that are also an important part of the picture.

00:08:55:20 - 00:09:31:16

Kirsten

Yeah, definitely. I think there is this angle of being an activist involves, being out and about disrupting society, whereas I'd say being an activist is raising awareness for a subject, whether that's talking about it, whether that, you know, sharing various things that they see on social media, it's that kind of level as well as the major let let's sit down on a bridge in central London and stop the stop the flow of traffic for days on end.

00:09:31:20 - 00:09:41:13

Kirsten

Like there's a broad range like with disabilities there’s a broad range of different people that do climate justice activism their own way.

00:09:41:23 - 00:10:16:22

Katie

Mhm. Yeah. And I guess we've talked a bit about it from the kind of the activism side of it. But um another kind of side to the coin is the, you know, when we talk about climate justice, a lot of what we're thinking about is how climate change kind of exacerbates existing societal inequalities. And I was just wondering if you had anything to say about how climate change kind of impacts people with disabilities differently to people without disabilities?

00:10:18:03 - 00:10:54:10

Kirsten

Yeah, sure. So those who are classed as disabled, those who are who see themselves as disabled are in the world - not just the UK, but around the world, are the most vulnerable people within society. We'll talk you know, I'll give this example that is more along the lines of of those who cannot move in the same way as able bodied people can, but like, for example, in the news recently, there's been those horrific floods in Pakistan and the flooding in Italy.

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Kirsten

Those who are disabled cannot move as quickly to get away from floods. You know, we're going to be very, very kind of on the most horrific end scale, end of the scale. You've got people that are jumping and holding on for dear life on a tree whilst the river comes past. If you're not strong enough to hold yourself up for whatever reason, you'll get swept away in that.

00:11:27:00 - 00:11:54:06

Kirsten

If you cannot run to get away, then you will end up being impacted by the flooding when the water is coming towards you. Another example, you know, if you’ve got people that are being displaced by rising temperatures, they can’t stay where they are for whatever reason. If they cannot make the journey safely, they will choose to stay where they are.

00:11:54:06 - 00:12:22:08

Kirsten

So if they can't walk for days on end to move to a place where there's water, for example, to drink, just to survive, then they will hang on for as long as they can in the place that they're at. But because they are vulnerable, they don't have they don't have the means to look after themselves as as able bodied people are.

00:12:22:08 - 00:12:42:08

Kirsten

So they are, in a nutshell, um, disabled people and vulnerable people are more likely to feel the impacts of climate change first and are more likely to be severely impacted by the effects of climate change sooner.

00:12:42:08 - 00:13:25:04

Katie

Yeah, thank you for that. So yeah, we've kind of outlined kind of yeah. Some of the like ways, ways in which like climate disasters are kind of going to impact people with disabilities. Do you have any thoughts on like how how we can improve, improve the situation for these kind of things? I know like in my kind of reading up on this ahead of the episode recording, I was I read something that was like even like one of the things that makes this worse is like they don't really sometimes in like disaster relief plans, they just don't account for the fact that disabled people exist and their needs are different.

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Katie

So I guess how can that be made better and how can we improve that?

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Kirsten

Well, I think there needs to be a greater understanding of what disabilities are, what disability disabled people need, and those who are more vulnerable. It's not just, you know, we're not just talking about people in wheelchairs here and needing fire evacuation plans or things like that. We need to understand the range of disabilities are out there and how best we can as a society, sort of like solve solve everybody's issues.

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Kirsten

We're not going to ever get, you know, the silver bullet. It's going to be like right click the box. All disabled people are accounted for. Because like I said earlier, there is this range of disabilities that are from, you know, the the very, very minor disabilities like myself, through to those with cerebral palsy or, you know, they're completely paralyzed from the waist.

00:14:28:21 - 00:14:56:01

Kirsten

We need to have a broad range of solutions that are going to, you know, help everybody and, you know, like the fire evacuation plan for those in a wheelchair coming down from, you know, the fifth storey building or whatever. But it's more than that. And and yeah, I lost my train of thought after that. But, you know, that that it's that kind of level of of there's never going to be one size.

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Kirsten

One solution that fits all is going to be needing to learn about everybody's disabilities, learn about how they would go about solving that and helping themselves or helping others with the same conditions that they have to then move on to finding the solutions that are going to, you know, help the most people, the best.

00:15:19:14 - 00:15:41:19

Katie

Yeah, I guess that's kind of made me think something that maybe there needs to be more of is like kind of collaboration between disability justice groups and disability advocacy groups and kind of people who are working on climate solutions. Do you have any thoughts on how how can we make that happen?

00:15:41:19 - 00:16:04:14

Kirsten

I think it's almost like we need to call on social media because I think there are so many justice groups out there, social justice groups, disability groups and justice groups, climate justice groups out there need to have a collaborative call that says we need to do something about this. Government is not doing enough. The government is not doing enough quick enough.

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Kirsten

So how can we get how can we get a conversation started? How can we get a conversation moving in the right in the right direction? And that may be a once a quarter or a month call that says, right, this is how we’re, this is what we're focusing on in the next wee while. Or it is a festival type a group that you know there was a Climate Fest in Edinburgh at the beginning of September and all groups from all walks of life came and had a conversation.

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Kirsten

They just had an open conversation about climate change. And I think maybe if we had something similar getting people together, whether it's online or in person or maybe a hybrid approach, do both, doing both to include as many people as possible. And then we come up with a range of of problems and a range of solutions that could happen in the next year.

00:17:12:04 - 00:17:26:01

Kirsten

And we get that sorted in a way that we don't mess about with it. We just, you know, we stop talking and we actually do stuff, but we are learning in the process and doing stuff.

00:17:26:01 - 00:17:42:00

Katie

Yeah, I think, yeah, making sure that people come together and keep having these conversations and then and then do something with it like yeah, definitely. Definitely, yeah. Sometimes it's easy to have lots of conversations and then it's, it's moving that towards action. That's like the important step because.

00:17:42:06 - 00:18:20:04

Kirsten

Yeah, yeah, great. We've done, we've now learned about like all of the disabilities within UKYCC for example or within, within all the activist groups that we actually we collaborate with at the moment. And then we take that and we learn from that and we go, oh, well, you know, we've just, we're just still talking about it. It's that right next movement, it's draft the paper for government or it’s having another, having another event that shares shares the knowledge with other groups and gets the ball rolling that way.

00:18:20:23 - 00:18:48:15

Kirsten

I think there's still many times that we need to learn before we take action because when I think quite a few groups have the tunnel vision of “Oh we need to be, we're just talking, we're just talking, we’re not learning. We need to keep going, need to keep, you know, demonstrating action and demonstrating stuff that we've done rather than stuff that we've learned” and.

00:18:49:05 - 00:19:07:14

Katie

Mm. Yeah, yeah. I mean that's kind of something that I wanted to get out of this podcast is like it's important to have a space to learn because I think, yeah, for some people, like climate activism is like as we were talking about before, the whole like you have to do direct action, whatever and that's a bit intense and a bit overwhelming.

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Katie

Yeah. And I think like particularly when I was new to this, I was like, Oh, what if I say the wrong thing or do the wrong thing? I'm like, Yeah, I think we need to be more open to the fact that like, not everyone's on the same page and we are all learning and you might get it wrong, but as long as you're open to kind of learning and growing and.

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Kirsten

Yeah, yeah, it's having that open discussion, having that all inclusive discussion go like, you know, hands up, I don't know enough about this, so I'm going to just try my best for today. But that in itself will help me to learn to be able to teach others about it. I mean, we all start every activist started as, you know, just as you said there, Katie, Oh I'm just learning and learning this, I’m new I don't want to say the wrong thing.

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Kirsten

If you do say the wrong thing, that’s learning that, yeah, you don't know it's the wrong thing until you've said it. And then people go actually, I appreciate you said that, might not be the right thing to say in this particular context. Therefore, have you considered reframing it as such and such or reframing it in a way that's more positive, for example?

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Kirsten

So this is you know, you're never going to know unless you try unless you learn to understand what's going on. So it's an open dialog. It's an inclusive dialog that gets everybody talking about the same thing.

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Katie

Yeah. And just kind of while we're still talking about this sort of like collaboration and kind of yeah, that side of things do you know of any organizations that people could go and look up to that are working on this kind of intersection of disability justice and climate? Or are we kind of not there yet?

00:21:01:00 - 00:21:24:19

Kirsten

I don't know of any. I would be pleasantly surprised if those listening to this podcast could go, Yes, I do. It's such and such and they're great. I mean, I just, you know, even a quick Google of Climate Justice, Disability Justice pulls up one news article. There's been one report and and that's all I've been able to find.

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Kirsten

So I think we're still we're still taking baby steps at this and there may be some full on climate activist groups that are taking this further and aren't quite shouting about it yet, they're still in their learning phase. Or there are still there are some disability groups that are learning about the climate angle of it a wee bit and are trying to mix the two together.

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Kirsten

So I couldn't tell you of one, you know, one group to be like, yeah that's the group to go to. But I hope that in due course we do get those forming and those, you know, singing the singing the songs that we need to hear.

00:22:04:15 - 00:22:34:06

Katie

Yeah, I suppose as well is, is it fair to say maybe like, you know, we've got we're living through like a cost of living crisis. We're still living in a pandemic that disproportionately affects people who are already kind of clinically vulnerable. Like I can see how maybe for a lot of disability advocacy groups like climate change might not necessarily be so much on the radar because there are things that are a bit more pressing like today that are affecting disabled people.

00:22:34:17 - 00:22:57:17

Kirsten

Yeah, it's the prioritizing isn't it? It's all about making sure. I mean, if you were trying to if you were trying to answer every question, you'd burn out pretty quickly. I'm I mean, I don't know about you, but it's even just on trying to answer the climate justice angle. You can get burned out pretty quickly. So, yeah, it's it's important to prioritize.

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Kirsten

And you're right, there are things here and now that are, you know, the most vulnerable people in society are feeling the brunt of now, cost of living crisis being just one of many. And I think that's where where we need to come in and be those who are more privileged and more fortunate not have to not be hit by the cost of living crisis.

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Kirsten

As hard say. That’s where we can prioritize on other things unless we're all being like we’re all feeling the brunt of the cost of living crisis. So maybe that's not the best example but you know, focus in on what you have, what you can do something about. And that's, you know, that's my, my answer to any question that comes up with climate justice.

00:23:47:01 - 00:24:09:18

Kirsten

You know, eco anxiety is such a huge thing. And I even hate using that term because I don't think it's the right term at all. But that's the one that people know of. So that's why I use it. But that in itself is so overwhelming. You just need to focus on what you can do, what conversations you can have, and therefore you have that ripple effect.

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Kirsten

You know, you have a conversation with someone in your office or someone walking down the street that, you know, doesn't quite meet the bin when it's when they're putting their empty packet in or whatever. You have that conversation with them you then are able to start the ripple effect. And before you know it, your sphere of influence has amalgamated with someone else's sphere of influence.

00:24:32:13 - 00:24:38:23

Kirsten

And then we can actually have a wider, a wider pool of action there.

00:24:38:23 - 00:24:49:04

Katie

Yeah, you've touched on something that I think is always really important. It's like, Yeah, there's only so much you can do as an individual, but you impact the people around you, and that's really important.

00:24:49:19 - 00:25:21:14

Kirsten

I think that's not that's what's most empowering is, you know, the impact that you can have as a person when you don't put additional pressure on yourself. It’s like, no pressure. You just do you you keep doing as much as you can. And other people may not say anything, but they'll see you do stuff like like the other week in the office where I, where I work, I was I was talking with a colleague and I said, oh, should we should we go out for lunch?

00:25:21:14 - 00:25:44:22

Kirsten

We'll go. And it's a nice sunny day. You know, I need to go and get my lunch. And I said, okay, well that's fine. I've brought my lunch today. And it was that kind of, oh, they've brought their packed lunch. That means that there's, you know, less rubbish from that you're getting, you know, you're not spending your fiver every week, every day for lunch and stuff like that.

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Kirsten

But that was something I did for me. And yeah, my colleague was then able to see it from me and go, actually know what I'm going to learn from that and I'm going to. And then the next day when it was another really sunny day, I mean, it's a rarity for consecutive sunny days in Edinburgh, but it happened and we went outside for lunch again.

00:26:06:17 - 00:26:08:16

Kirsten

She's was like, I've brought my I've brought my packed lunch.

00:26:09:03 - 00:26:11:03

Katie

So it's just.

00:26:12:03 - 00:26:22:06

Kirsten

Knowing you have influence even by just living is something that I think can be more powerful than anything else.

00:26:23:16 - 00:26:44:21

Katie

Yeah. So we've touched on this a little bit already, kind of at the start of this conversation, but I want to bring it back to accessibility within the climate movement. So what can we do as activists to make the climate movement more accessible to people with disabilities?

00:26:44:21 - 00:27:20:13

Kirsten

I think what we can do is to just openly listen to those who want to talk about it. And I think, well, I mean, we've talked about, you know, being open and understanding and empathetic and inclusive and all these kind of positive words. And I think that's where we can have the most impact. I mean, on an individual level, when people say, oh, what can I do to have an impact on on climate change and all of that kind of issue?

00:27:20:13 - 00:27:49:09

Kirsten

Most of the actions that I can think of are more geared towards able bodied people. So whether that’s walking to work instead of taking the car or getting the bus, I mean the busses in Edinburgh where I have experience, they're pretty good. They're not as good as they could be. I've heard of, you know, Tube stops in London that only have stairs in them.

00:27:49:09 - 00:28:30:18

Kirsten

So. So there's things like that that are, you know, from a basic term of, you know, we've spoken about the range of disabilities and the range of of issues around that. But, you know, and it's most basic terms, these actions on an individual level are not... they're not able to be used by everyone. So one of the examples that I have recently or known about for a while but it’s recently come back to me, is when I was reading Hannah Danes who is a Paralympian.

00:28:31:20 - 00:29:01:19

Kirsten

And she is I think she's done a couple of articles for The Guardian, but one of the ones that really stuck with me um, is around, you know, the climate justice movement and how it's very able bodied focused. And she's she's got cerebral palsy and she is very vocal about the no straws or the plastic straws ban that was brought in.

00:29:02:12 - 00:29:29:04

Kirsten

Now, majority of people, she says, with cerebral palsy, need to use a straw to drink. Why was the ban put in on just plastic straws? From one angle, it was brought in because it was a tangible thing. Most people know about straws most people use have used a straw in the past, therefore can think about that when when it was banned.

00:29:30:07 - 00:29:55:09

Kirsten

But there are other single use plastic items that should have been banned before that. Or instead of. Say, for example, the the ring around, you know, a six pack of booze, whatever you want, things like that. Why were they not banned? Because everybody I mean, yourself, I didn't even I don't even know what they're called. And I kind of describe them to you there.

00:29:55:09 - 00:30:24:16

Kirsten

Katie, and you knew what I meant. So it's like things like that that I think should have been talked about rather than straws. So like paper straws have now been brought in and you've got your reusable ones and things like that. But I feel like focusing in on small actions like that aren't going to help disabled activists. They're going to feel it.

00:30:24:21 - 00:30:47:15

Kirsten

You know, they're going to I can only imagine, but I can imagine that they feel very, you know, despondent and frustrated that the the policies that are being put in place right now are not, they’re pro-climate but they should also be pro-disability as well. Yeah, yeah.

00:30:48:17 - 00:31:19:16

Katie

Yeah. I think you I mean you touched a bit on like yeah. Using the bus and walking and stuff, but like yeah, cycling is another big one. Like and I've, I've just moved from the area. I was living in Cambridge until quite recently and that's a very big cycling city. So I kind of take it for granted that I could cycle everywhere, but plenty of people can't ride a bike and even sometimes cycling infrastructure might be at odds with the needs of, you know, someone who's blind, perhaps because they can't see you coming.

00:31:20:13 - 00:31:33:15

Katie

And you need to you need to kind of account for that when you're designing cycling infrastructure that actually there are other other users of the space that their needs need to be accounted for as well. So yeah, it's.

00:31:34:05 - 00:32:23:18

Kirsten

Yeah, it's, it's finding the inclusive space. It's finding an inclusive space. There's one, there's one example in Edinburgh where and you know, just talking about cycling infrastructure, throughout lockdown one of the major charities Sustrans in Edinburgh used that opportunity to put in large amounts of cycling infrastructure throughout the city. And it was great for all of about three months when there wasn't cars on the road because, you know, there wasn't the danger of being hit because all this cycling infrastructure had been put in place, but because there wasn't the right consultation or there wasn't enough consultation or it wasn't spoken about enough or whatever else.

00:32:24:06 - 00:32:54:12

Kirsten

They've the council have since gone back on quite a lot of the cycling infrastructure to remove it. But there was, there's so many examples within Edinburgh of, like you say, it's that inclusive space of having, you know, making sure that a pram could get past the cycling or the cycle lane or a wheelchair or making sure there was enough space for a human and their guide dog to walk along the pavement.

00:32:54:19 - 00:33:27:09

Kirsten

But if they’ve halved it to make use of the space for a bike, you know, there's some there's some parts that are very you know, it's the tunnel vision of we need to do more for climate justice minister, more for climate change so we’ll put cycling lanes in place. Isn't that great? We've done so much. But you've also then alienated more of the population by doing that because you know, it's not been done the right way or you've not done the right consultation to find out what how people use the space in the area and things like that.

00:33:27:09 - 00:33:30:19

Kirsten

So it all comes back to talking about it doesn't it.

00:33:31:16 - 00:33:49:12

Katie

Yeah. Yeah. And I think actually, you know, you said that, you know, we need to do more for climate justice. But there was something when I was talking to Helen about kind of how we were going to do this episode. One of the things that they said was like, actually, when we talk about climate justice, disability justice is part of that.

00:33:49:12 - 00:34:07:02

Katie

Like, they're not separate things. They are the same thing. So if you're kind of in inverted commas, climate justice actions are alienating or negatively impacting disabled people. Like, is it really climate justice? Not really.

00:34:07:02 - 00:34:28:04

Kirsten

That's a good question. Yeah. Yeah. And I became to hear their thoughts on that because yeah, that's a really important point that I don't think many people realize. And I think this comes back to, you know, the whole psychology of humans wanting to put things in boxes and it can only go in one box. So cycling cycling is a climate action.

00:34:28:20 - 00:35:05:02

Kirsten

It's not - maybe it's a health action or maybe it’s, you know, for a mental health and wellbeing angle, like, humans are so fixed on putting things into categories and boxes and making it all fit. But the climate justice movement, the disability justice movement and you know, society more generally needs to be talking about it needs to be working in collaboration, needs to be working to make sure that, you know, everything in the environment is taken care of.

00:35:05:02 - 00:35:42:00

Kirsten

You know, this might be slightly controversial, but sometimes carbon emissions are not - should not be the priority first hand. You know, it could be that it's more of a social value angle or it should be more of, you know, it helps helps bees or helps, you know, animals. But it might not be great for carbon emissions, but the overall angle is, you know, that it's better for five other environmental disciplines, but it’s negative it's slightly negative on the carbon emissions.

00:35:42:00 - 00:36:04:13

Kirsten

So yeah, it's, it's the all inclusive thinking, the collaboration that I think needs to be considered more. And going back to Helen's point around the yeah, climate justice and disability justice can't be thought about talked about individually. It needs to be together.

00:36:04:13 - 00:36:34:19

Katie

Yeah. So I realize this recording is probably going on for longer than I was planning to is it's going be fun for me to edit later but maybe we’re coming to time and we should like wrap up. So the question that I always like to sort of finish with is what gives you hope because you know, we've touched a bit on like eco anxiety and stuff and you know, some quite heavy topics and we often do in these conversations because, you know, climate justice is overwhelming.

00:36:35:22 - 00:36:38:21

Katie

But yeah, so I like to think, you know, what gives you hope.

00:36:41:20 - 00:37:13:24

Kirsten

Living because within living you can create your own actions and a step by step process to get you to a state of a sustainable life and a happy life. I think that most people focus in on, oh my God, the to do list is 15, 15 lines long. And that's just for this morning. And I don't have enough time in the day.

00:37:15:01 - 00:37:16:01

Katie

That was literally me today.

00:37:16:23 - 00:37:38:15

Kirsten

And me! One step at a time, you've got you're still able to breathe. You're still able to get up in the morning. So get up in the morning and do that first step. And once you've done that first step, you'll get to the second step. And then before you know it, you'll be talking with different people. You're talking to your friends, your family, whatever about.

00:37:38:16 - 00:37:52:02

Kirsten

what, what really gets you going! Climate justice, disability justice. And that will create the ripples. And then you'll get this tsunami of change that everybody wants and everybody's after.

00:37:53:06 - 00:37:59:00

Katie

Oh, I love that tsunami of change. A great metaphor.

00:37:59:16 - 00:38:04:00

Kirsten

Well, what can I say?

00:38:04:00 - 00:38:08:21

Katie

All right. Thank you so much for taking part in this episode. I've really enjoyed talking to you.

00:38:09:15 - 00:38:10:20

Kirsten

Yeah, thank you for having me.

00:38:11:15 - 00:38:14:16

Katie

Anything you want to plug or promote while I've got you on the podcast?

00:38:15:14 - 00:38:24:06

Kirsten

No, nothing to plug or promote. Just good luck. And, yeah, we'll. We'll put up a good fight and we'll get there in the end, that's for sure.

00:38:25:23 - 00:38:26:07

Katie

Thank you Kirsten.

00:38:26:07 - 00:38:38:14

Kirsten

Thank you, Katie.

00:38:38:14 - 00:38:53:08

Katie

So just to reflect on that conversation a little, I really enjoyed speaking with Kirsten today and I hope this has been useful for you. There's a lot of work to be done to make sure the needs of people with disabilities are met in terms of how we respond to the climate crisis and in terms of how we ensure everyone can be part of the climate movement.

00:38:54:03 - 00:39:08:01

Katie

As Kirsten said, this should just be the start of the conversation when it comes to integrating ideas about disability justice into the climate movement. I love her idea of bringing people together from across climate and disability justice groups to work on this. So if you have any ideas about what you think that should look like, we'd love to hear from you.

00:39:08:24 - 00:39:52:08

Katie

Reach out to us on social media or via our email on the website. I’m really looking forward to carrying on this conversation with Helen next time to hear their perspective on this issue. So don't forget to tune in to part two of Disability Justice. Thanks for listening to From the Ground Up, a podcast by the UK Youth Climate Coalition. Our guest today was Kirsten Leggatt, your host was Katie and our music is by Nick Battle.

00:39:52:23 - 00:40:21:18

Katie

To learn more about our work, follow us on social media or go to ukycc.com. If you want to learn more about disability justice, we have a list of activists you can follow and books you can read in the show notes.