

# Access and Inclusion in Action Wellbeing

In XR we want to make our events as inclusive and accessible as possible and not all of access needs are obvious. Certainly physical disabilities are easy to recognise, whereas mental health and non-visible disabilities like deafness and poor sight are often not so easy to recognise.

It is important that we, in Action Support roles, demonstrate an awareness that rebels may find certain situations uncomfortable (noise, crowds, distances to cover, sight, hearing, etc.). We need to know the location of accessible routes between locations, toilets and other services. We can offer to guide someone from a transport hub, or push a wheelchair for example.

An awareness of and a demonstration of that awareness is typically needed when:

- expecting attendees with varied mobility, or other access requirements
- large public events
- specifically requested in advance.

Contact us: [xr.inclusion@protonmail.com](mailto:xr.inclusion@protonmail.com)

---