

# Practical Tips for disabled protestors

## Practical Tips for disabled protestors

Liberty has produced [this helpful guide](#). It includes sections on:

- Preparing to attend a protest
- What are my access needs?
- What if I'm kettled and I'm disabled?
- How to complain about the police

## How to organise a more accessible protest

Liberty has [a guide](#) for this as well. This includes sections on:

- Include disabled people from the start
- Centre accessibility
- Information and letting people know things
- During the protest: including everyone
- Know the law

## See also

- The [Rebel Toolkit pages on including neurodiverse and disabled rebels in actions, meetings and events](#).
  - Contact XR's Disabled Rebel Network via [wellbeing+drn@extinctionrebellion.uk](mailto:wellbeing+drn@extinctionrebellion.uk).
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