

# Practical Tips for disabled protestors

## Practical Tips for disabled protestors

[Liberty has produced this helpful guide](#) This 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 produced a guide](#) 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**
-