

P: Thank you. And Saba ... how was your experience? Was it similar? Did you enjoy the 'living book' experience?

S: Hi. Thank you. Yes, I really enjoyed the experience. Um, I went to a three-hour session in Norwich, and I was really surprised at how much I learnt. It gives you a chance to really talk to people, who may be from a different religion, or culture – er, people who you don't normally get to talk to in your everyday life.

P: Great. So, who did you talk to?

S: I met all kinds of people, some wonderful people. One of them was a lady called Karrie, a blind woman. Karrie is visually impaired, having lost her sight due to illness when she was a child. (...)

P: Absolutely. So, what did you learn from Karrie?

S: OK, her mission was to tackle the stigma that people attach to blind people, that they're helpless. So, she wants to challenge the [redacted] that just because a person can't see, they can't do anything for themselves.

P: And how does she do that?

S: Well, er, Karrie lives a perfectly normal life, er, she goes to work, goes out socially – and does all the things that the rest of us do. Well, she

can't drive, but that was really one of her few limitations. She told me about other successful blind people around the world who have had a great impact on society – er, people who've been successfully employed, or taken degrees, published books, even participated in Olympic events. These are the people that have been Karrie's inspiration.

P: That's wonderful. Tell me, did you ask Karrie about her other senses? You know, people often say that people who are blind use their other senses, because these are quite well developed.

S: That's right. Karrie feels that she's quite a good judge of character, because she's able to 'see' people for who they really are, on the inside, rather than just how they want to present themselves, or how you may judge them because of the clothes they're wearing. As she put it, she's able to 'see with her heart' rather than her eyes.

P: OK ... how interesting. So, did the conversation change your views on disability?

S: Yes, it did, definitely. My conversation with Karrie gave me a whole new [redacted]. It taught me not to be [redacted] about disability, and I thank her for that.