Text on screen: We asked three disabled people to write a letter to their childhood selves about the challenges they’d face growing up.

Charles: Dear Charles…

[Photo shows Charles aged 8]

Jignesh: Dear Jig…

[Photo shows Jignesh aged 7]

Jaki: Dear Jaki…

[Photo shows Jaki aged 10]

Jaki: Well I’m not going to lie, you have a tough journey ahead.

Charles: You shouldn’t have to stand there aged eight years old, and have to listen to your primary school teachers explain to your parents why they haven’t been bothered to teach you how to read and write, because in their words, ‘he’ll never be able to read properly anyway.

Jignesh: Right now all you can see are barriers. It’ll feel like all anyone can see is a boy in a wheelchair, and not the potential in you.

Jaki: You have the right to your chosen career, along with everyone else. You have nothing to be embarrassed about.

Jignesh: I’m sorry to say it’s true that you will have to work harder than others. Those are the social barriers. But it doesn’t mean you can’t get there.

Charles: But don’t take this situation to heart, because with time, you will develop a thick skin.

Jignesh: Keep aspiring…

Charles: Find your niche…

Jaki: Be patient…

Jignesh: Keep believing, and I promise you that no matter how much society holds you back, you can get there. Never give up.

Text on screen: Scope’s online community is a supportive space to get advice on things that matter. Join today at community.scope.org.uk