

# Learning Disability Week 2024

## Denise Bowles



Hello, my name is Denise, but I also call myself "Denbo"

Earlier this year in April, I was nominated for the Dimensions Award for Policy, Advocacy and Media.

This has been the highlight of all my achievements.



I have come a long way from being homeless and having little confidence to being a director and employee amongst other things.

I am a song writer, singer, comedian, network influencer and have my own Tik Tok Shop.

I am an author and have written my own life story, called **I Wanna Tell You My Story.**

I am now very much seen, very much heard and very much valued.





Don't say  
that



I found out I had a learning disability at the age of 21.

It's only been since my late 20's that my confidence started to grow, and I am now confident to challenge people when they make judgements about me or other people with learning disabilities.

Improving my confidence started with volunteering at the Growing Lives Project.

I then volunteered for Derbyshire Healthwatch.

I applied for a job with Inclusion North in 2017 and have not looked back since.



I am very proud to be part of the LGBTQ+ Community.

My motto for life, is give people with a learning disability the chance to shine.

The sun has been shining on me and still shining on me, so take that step of volunteering, be brave and you never know it might be your path to an Award.

