

SUNDERLAND
CULTURE

**Easy
Read**

We are looking for deaf, disabled and/or neurodivergent artists aged 16–25

For our art exhibition called 'Highlights'



How to use this document



This is an Easy Read version of
'Highlights: Disability Arts Exhibition 2026



If you need help with this document, you
can contact us by email or phone below.

Where the document says we, this means Sunderland Culture. For more information contact:

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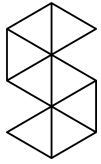
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This is an example of some artwork from local artists.

About the exhibition

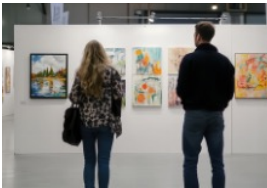


**SUNDERLAND
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We are Sunderland Culture



Every year, we celebrate young people's creativity at an event called Bright Lights.



An exhibition is a show displaying different artwork.



The Bright Lights exhibition will happen in February 2026.



As part of Bright Lights, we are planning an exhibition called 'Highlights' which is for disabled people age 16-25.

Who we are looking for

We are looking for artists who are:

- Deaf
- Disabled or
- Neurodivergent



We are looking for people who live, work or study in Sunderland and the surrounding area



We want to encourage and support artists from all different backgrounds to apply

We want to display artwork that shows one of our chosen themes:

1. Challenge

Ways you might show a challenge in your artwork could include:

- Physical challenge – moving, walking, pain
- Health challenge – illness, medical experiences, tiredness
- Access challenge – stairs, doors, transport, communication barriers
- Relationship challenge – friendships, family, partners
- Emotional challenge – stress, anxiety, feeling overwhelmed
- Community challenge – school, college, work, society's attitudes

2. Celebration

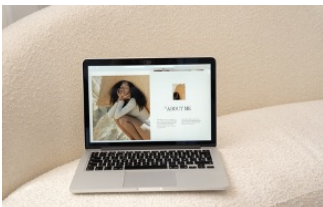
Ways you might show a celebration in your artwork which could include:

- Personal celebration - finishing college, learning a new skill, overcoming a challenge
- Life moments – birthdays, special events, milestones
- Cultural celebration – festivals, traditions, pride events
- Shared joy - celebrating with friends, family or support workers
- Everyday wins - doing something independently, feeling proud
- Creative joy - expressing yourself, making something new

3. Connection

Ways you might show connection in your artwork could include:

- Friends - hanging out, supporting each other
 - Family - parents, siblings, carers, chosen family
 - Community - clubs, groups, local spaces
 - Work/ college - classmates, colleagues, teamwork
 - Online connection - gaming, social media, messaging
 - Nature connection - animals, gardens, being outdoors
 - Self-connection - expressing who you are
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The exhibition will be shown digitally. This means you will be able to see the art on our website, or you can come to see it on a screen in one of our exhibitions. We will contact you with dates, venues and times.



You send a photo of your artwork or a digital file.

You do not need to go to a building to see the art but you can come along to a number of digital exhibitions. We will send more details on Friday 30 January 2026.

How to take part

1. Please complete the online form by Friday 23rd January 2026:
2. Please include 1 high quality image of the artwork you would like to show.