

I had no vision in one eye and no central vision in the other. What vision I do have only works very close up.

I take close-up pictures. But I can only tell if they are any good when I get home and load the shots on my computer.

First I've got to find things to take the pictures of.

Nature just turns the noise down. Turns down pain levels, anxiety levels, all of it. That's what I love about being in nature.

Mental and physical health go together. If you don't have good opportunities to boost one, the other goes down too.

The fact that Norfolk Wildlife Trust really worked with us on making the place physically accessible also makes it feel mentally welcoming to me.

I feel more part of the community here than I do in a lot of other places.

I got the feeling that we matter. We're not just on the side, a burden on society. We're part of society and that's an important feeling to have.

When you've got a disability for different reasons, your life can be sometimes really hard, very unpleasant, stressful and just miserable.

And if a place is accessible to you, you are as equal as you can be to somebody who doesn't have a disability.

If there are good, accessible paths, it's good for everybody, for parents with buggies, people in wheelchairs or limited mobility.

We don't want to pave the entire universe. That would be awful. This place can be wild and accessible at the same time, and that's really important.