

The

shaw trust

Disability Power 100



Jessica Applegate MBE



Jessica found out she had autism and other learning disabilities when she was young.



When she was 16 she won a gold medal for swimming at the Paralympic Games - a big sports competition for disabled athletes.

Since then Jessica has continued with her sport and supported:



- Mencap - a charity which supports people with learning disabilities and their families.



- Virtus - an organisation which supports athletes with learning disabilities.



Jessica also visits different organisations to talk about including disabled people.



Website:

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