

ALISHA
WHITTAM

ALISHA

FREELANCE DISABILITY JOURNALIST | DISABILITY
RIGHTS ADVOCATE | ACCESSIBILITY CAMPAIGNER

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ME PYJAMA PARTY

FRIENDS WITH ME

TALK WITH ME

ALFIE WHITTAM

ARCHIE WHITTAM

ME CARER COMMUNITY

THE ABILITY ALLIANCE

ME AWARENESS LIVERPOOL

KIRKBY JOBS

ALFIE & ARCHIE

ALISHA WHITTAM

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REPORTING ON DISABILITY, CHRONIC ILLNESS, ACCESSIBILITY, HEALTHCARE INEQUALITIES AND THE STORIES THAT DESERVE TO BE HEARD.

ABOUT ALISHA

Alisha Whittam is a Liverpool-based freelance disability journalist, accessibility advocate and campaigner living with Severe Myalgic Encephalomyelitis (ME/CFS).

Having spent more than a decade bedridden due to Severe Myalgic Encephalomyelitis (ME/CFS), Alisha brings a unique lived-experience perspective to reporting on disability rights, healthcare inequalities, chronic illness and accessibility barriers that are often overlooked in mainstream conversations

Through journalism, campaigns, community projects and digital storytelling, she works to amplify underrepresented voices and challenge misconceptions surrounding visible and invisible disabilities.

Her work combines personal experience, research and community engagement to create impactful stories that educate, inform and inspire change.

JOURNALISM WITH PURPOSE

Every article, campaign and interview is created with one goal:

To make disabled people visible.

From healthcare inequalities and accessibility barriers to community stories and disability rights,



Reporting on disability, chronic illness and accessibility from lived experience with Severe ME.

Alisha's work highlights issues that often go unheard while providing practical information and support for those affected.

Her reporting covers:

- Disability Rights
- Accessibility
- Chronic Illness
- Myalgic Encephalomyelitis (ME/CFS)
- Endometriosis
- Healthcare Experiences
- Inclusive Design
- Community Stories
- Carers and Family Life
- Adaptive Fashion and Representation

ALISHA WHITTAM



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RECENT WORK & CAMPAIGN HIGHLIGHTS

SILENCE SAVES

A campaign calling for sensory-friendly quiet spaces in hospitals and public venues, inspired by lived experience of Severe ME and sensory overload.

CAN YOU SEE ME?

A disability awareness campaign giving visibility to people living with Myalgic Encephalomyelitis and other often misunderstood conditions.

DISABLED FAN GUIDE: ANFIELD EDITION

A practical accessibility guide helping disabled supporters attend football matches with confidence and independence.

HEATWAVE SAFETY FOR CHRONIC ILLNESS

A public information campaign highlighting the risks extreme temperatures pose to people living with chronic illnesses and disabilities.

THE ME PJ PARTY

A community-led awareness initiative encouraging people with Myalgic Encephalomyelitis to unite, raise visibility and challenge misconceptions.



Disability Truth Series (YouTube Shorts)

A bold short-form video series tackling public misconceptions around disability, inclusion, and what it really means to live with chronic illness. With messages like "You are not broken. The system is," it's designed to be punchy, viral, and unfiltered – creating space for truth-telling, community, and advocacy.

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MEDIA & INTERVIEW TOPICS

TOPICS:•

- DISABILITY JOURNALISM
- DISABILITY RIGHTS
- ACCESSIBILITY
- MYALGIC ENCEPHALOMYELITIS
- SEVERE ME
- CHRONIC ILLNESS
- HEALTHCARE INEQUALITIES
- ENDOMETRIOSIS
- DISABILITY INCLUSION
- SENSORY ACCESSIBILITY
- ADAPTIVE FASHION
- DISABILITY REPRESENTATION
- CARER EXPERIENCES



ALISHA IS AVAILABLE FOR:

- MEDIA INTERVIEWS
- RADIO APPEARANCES
- PODCAST DISCUSSIONS
- PANEL EVENTS
- AWARENESS CAMPAIGNS
- ACCESSIBILITY CONSULTATIONS
- COMMUNITY PROJECTS

ALISHA WHITTAM



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COMMUNITYS & CAMPAIGNS

Founder of multiple disability and chronic illness communities supporting people across the UK and beyond.

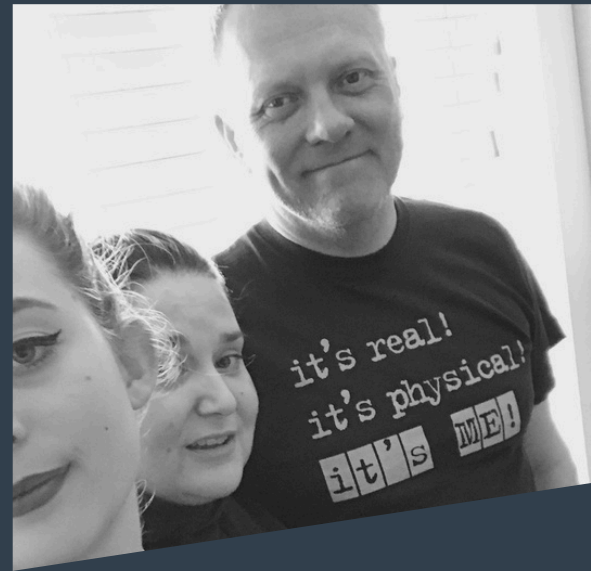
Through awareness campaigns, support groups, digital storytelling and advocacy projects, Alisha works to ensure disabled people, carers and people living with chronic illness have access to information, representation and community.

Communities Founded

- The Ability Alliance
- Friends with ME
- Talk with ME
- The ME Carer Community
- The ME PJ Party
- Myalgic Encephalomyelitis Awareness Liverpool

Campaign Highlights

- Founder of the Silence Saves campaign
- Organiser of the Can You See ME? awareness event
- Creator of The ME PJ Party awareness initiative
- NUJ Associate Member
- Freelance Disability Journalist and Advocate



We are all equal –
and it's time we're
treated that way.

Alisha Whittam



WEBSITE

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YOUTUBE

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