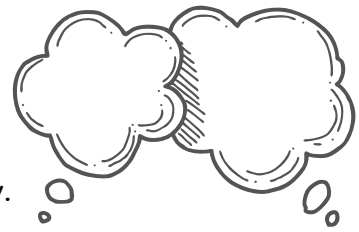


ON REFLECTION



Memorialising... James Ingram, a soldier who overcame adversity.

The First World War is known for its trench warfare and heavy fatalities, but it has also been estimated that as many as 15 million men were left with potentially life-changing injuries after the conflict ended.

1

EXPLORE

Explore the green steel helmet – metal headgear like this was first introduced during World War One to prevent lethal head injuries. There were not enough helmets for each soldier, so they were kept in the trenches and shared.

Explore the Braille machine from Ullapool Museum. Objects like this were designed to make life easier for people with visual impairments. The Perkins Braille was created in 1951 by David Abraham, a woodworking teacher at the Perkins School for the Blind. He wanted the students to have better equipment to write with.

Can you think of other things that are used to help people with visual impairments to lead full and active lives?

2

TRY IT YOURSELF

James Ingram managed to lead a full and active life despite having had his eyes removed because of injury. There are times when it would have felt very challenging indeed – especially as he was learning to adapt to his new life. Even simple everyday tasks would have been difficult at first.

Try to eat a biscuit with your eyes shut. Talk about it with a friend afterwards – was it harder than you expected?

3

TALK ABOUT IT

This photo shows Private James Ingram of the Seaforth Highlanders during the London to Brighton walking competition, which he won in 1924, 1925 and 1926. James had been blinded by a shell blast on 1st May 1917 in Arras in France.

Although James's disability was not unique, he overcame many challenges. After the war, he went on to study, have a family, win sporting competitions, and set up his own business.

- What do you find inspiring about James's story?
- Why is it important to remember individuals like James?
- What challenges do you think he must have faced? What might he have found hard about his life?

Nowadays, the Equality Act requires employers to make changes in the workplace so that people with disabilities can have the same opportunities as people without.

- What changes do you think could be made to your home or school to remove barriers for people experiencing disabilities?



4

READ

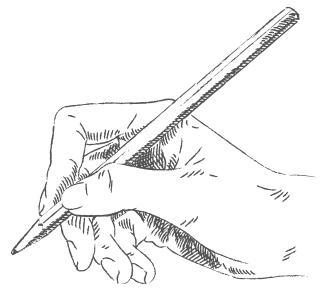
Read the story of Lance Corporal Henry Whyte, another soldier who sustained life-changing injuries during the First World War.



5

CREATE A COMMEMORATION

Use this page to plan your ideas.



Who do you want to commemorate?

Why do you want to remember what happened to them?

What could your design look like? What shapes or pictures could you include?

What message could you write?

