Tara Miri

East of England Candidates Committee

I've lived through very different chapters of life. I've known what it is like to be in the public eye, and I've also experienced domestic abuse, homelessness, serious disability and medical conditions I have to live till end of my life. I know how quickly life can change and how lonely and exhausting it can feel when you're trying to be heard while dealing with problems others may not see.

That is why I don't look away when someone is struggling. I listen, I care, and I keep following things up. Although my disability means I'm often bedbound, when I'm well enough I use my time to email, speak up and push for change. It helps me feel useful and gives me a way to contribute to our community.

I believe my lived experience helps me understand that every person's circumstances are different. As a member of the Candidates Committee, I would bring empathy, determination and a strong sense of fairness. I want every candidate to feel listened to, treated with respect and supported to have a fair chance.

I would be grateful for your vote.