

# The **Newsroom** Bulletin



## Happy 70th Birthday Supportability!



# Hello from Our editors

We're delighted to welcome you to our second Newsroom Bulletin, which is brought to you by the people we support at our day centre. The idea behind the newsletter is to celebrate interesting stories about what happens at the day centre and within the local community. Rob, James and Raza are in full control of the planning and content of each edition. Our support workers Diane and Jane ensure they deliver the right level of support to ensure this newsroom is led and delivered by the people we support.

Meet our talented editors ...



**Rob Cooper** - has extensive experience as a radio presenter, model, charity fundraiser and speaker and is the 'personality' of the group. Loves to talk and great at interviews, with an additional love of golf and football to add to the mix.



**James Wilde** - is the joker, charmer and ladies man of the Newsroom. With a twinkle in his eye, a love of football, good food and comedy he brings the fun element to the team and keeps us all entertained.



**Raza Shaikh** - is the strong and deep thinking type and is known as the 'brains' of the news team. With an extensive knowledge of music, film and gaming and a background in songwriting and performance, he keeps everyone on their toes.

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# Rob and Raz's Interview

## Rob and Raz interview Colin Smith of Wythenshawe FM

*Reported by Rob Charles Cooper and Raz Shaikh.*

In the heart of Wythenshawe, where the airwaves come alive, Rob and Colin, the dynamic duo of local radio, have been creating waves with their engaging music and lively banter.

In November Rob and Raz of the news team met with the seasoned radio personality, Colin Smith, from Wythenshawe FM, shedding light on his journey and the magic behind their weekly radio show.

Colin, who stumbled into the world of radio after spotting a notice in Sams Cafe in Wythenshawe, found his calling and underwent training that eventually led him to host the radio show "Evergreen." This unique show, tailored for the over 50s by the over 50s, quickly became a hit.

**When asked about the key to a successful radio show, Colin emphasized that "knowing your audience and offering something different is the key."**

His typical day at the radio station involves setting up the desk and curating the playlist for the day. Colin's radio show specialises in folk music, complemented by local news items that resonate with the community.

Colin supports Rob with his weekly radio show where Rob selects mostly rock music and has phone in discussions about topics such as disabilities, dementia and bereavement, subjects close to Rob's heart.

The chemistry between Colin and Rob works well during their shows, where laughter is as much a part of the routine as the music. "We have quite a laugh," admitted Rob. Colin's radio inspirations, John Peel and Dave Lee Travis, have played a crucial role in shaping his approach to broadcasting. "A bit like opening up a magazine," remarked Rob.

**Colin went on to explain that he does not tend to have the radio on at home because 'my dogs don't like it'.**

But he does sometimes leave it on for them if it's a rock music show. Colin's musical tastes are wide, but he does prefer 'anything heavy' - Black Sabbath, Uriah Heep and Saxon being amongst his favourites.

The connection between Rob and Colin has developed over time, with Rob appreciating Colin's sense of humour and his ability to put him at ease. Colin has also shared valuable advice with Rob about connecting with the audience on a personal level. "Imagine that you are speaking to one person; aim the show at one person and change that person each week," recommended Colin.



# We're 70!

Here are some photos of our 70th birthday party back in September.



# Rob and Raz Interview Kaylie

## **Rob and Raz interview Kaylie Chapman, Head of Fundraising for Supportability.**

### **Raz: How did Supportability begin?**

Supportability began in 1953 by a group of parents who didn't have a school to send their children to, so they wanted to create a safe space for their children to be looked after.

### **Rob: What did they do here 70 years ago?**

This is what we're interested to find out. We've got pictures of chickens here, and they even had donkeys come to visit! We're hoping to find out more through old pictures of people linked to the charity. I know they used to make baskets and things, so I think it'll be really interesting as we go through the archive project to find out what they did.

### **Rob: How has Supportability changed over the years?**

There used to be a school at Granville House, there was a school in all the rooms that you use today. We hope that we'll learn more about how it's changed as we go through the archives and we talk to people and hear the stories.

### **Raz: What stands out?**

The thing for me about what stands out most was that 70 years ago we didn't have Cheddle Lodge. Cheddle Lodge will turn 40 in 2025 so we've grown, and now we've got somewhere where people live. They've got their own friends and family, so I think that's really lovely that we've grown in such a way.

### **Rob: What was the best thing about the party last summer?**

It was so nice having everyone together at Granville House, everyone from Community, Cheddle and Granville.

**Seeing the staff recognised for their hard work was lovely, and everyone smiling and enjoying themselves. I don't think I could pick just one thing, it was all brilliant, a really, really good day.**

### **Raz: What's next?**

Hopefully we'll be getting a new building in a couple of years that's a bit more accessible, has more natural light, has a lovely outside space, and in a location where there's a more to do. That could be what's next for Supportability.



Raz (left), Kaylie and Rob.



# Coffee at the Church

**Our church coffee mornings at St Paul's always go down a treat.**

Every Wednesday we take the people we support at Granville House for a coffee morning at St Paul's C of E Church in Heaton Moor.

They are always so accommodating for us, and give us tea, coffee, biscuits and sometimes there's someone playing on the piano. Everyone has a lovely time chatting and relaxing in a warm and safe environment. Thank you, St Paul's Church!



# Nicola Interviews Bride Berlin

## **Nicola Tasker interviews Day Services Team Leader Berlin Iguodala about her recent wedding in Nigeria.**

Nicola loves anything to do with weddings, especially wedding dresses. When Team Leader Berlin was married in Nigeria in January, Nicola was keen to interview her about her experience.

Berlin had a traditional Nigerian wedding which lasted for 5 days, and Nicola was delighted to hear that Berlin had a total of 5 wedding dresses!

The dresses included a red and a blue dress for the traditional wedding day and 3 other dresses.

When asked about her favourite parts of the wedding Berlin had most fun at the white wedding and loved all the dressing up in her various dresses and having her makeup done by a team of makeup artists.

Nicola wondered what food Berlin had eaten at the reception. The bride, groom and guests were offered BBQ fish & chicken, rice, noodles, and cocktails!

The wedding cake was enormous and was made up of layers of different flavours of cake.

Berlin had 4 bridesmaids and a Maid of Honour, with some of her bridesmaids flying to Nigeria from Amsterdam and London to take part in her wedding.

**The bride and groom had a fantastic time with their family and friends and had their first dance to the Ed Sheeran song 'Perfect'.**

Nicola and everyone at Supportability wish Berlin all the best for her married life and future happiness.



Nicola (left) and Berlin



# Our Special Lantern Walk

**During the Winter we made paper lanterns at Granville House.**

On Friday 1st March we put them all together, lit them up and did a sensory walk around them with music, disco lights and glow sticks at Granville House. A beautiful way to mark the first day of Spring.



# James' Staff Spotlight



**In this edition's Staff Spotlight, James Wilde interviews Support Worker Gail Howarth.**

**James:** What is your favourite football team?

**Gail:** Manchester United

**James:** What is your favourite band or song?

**Gail:** UB40 and Purple Rain by Prince

**James:** What is your favourite food?

**Gail:** Indian

**James:** What is your favourite film?

**Gail:** White Chicks

**James:** What is your favourite drink?

**Gail:** Brandy and Coke and shots

**James:** What is your favourite joke or comedian ?

**Gail:** Peter Kay

**James:** What is your favourite Place?

**Gail:** Greece

**James:** What is your favourite holiday place?

**Gail:** Caravan holidays with my grandchildren

**James:** What is your favourite hobby?

**Gail:** Spending time with my family especially my grandchildren.



# Raz's Film Review



## Film lover Raz reviews one of his favourites!

Sister Act 2 is one of my all-time favourite movies. I like the story and how the teacher tries to connect with the students. The film is about a group of young people being inspired and fighting for what they believe in.

My favourite scene is when Whoopi Goldberg tries to spread the word outside of the school to keep the school open, she also has a great scene when she is rapping. The film brings people together

and you can have a laugh as well.

My film ratings -

Humour - 8

The message of the film- 5

Costume - 7

Soundtrack - 9

Acting- 8

Overall rating- 10

# SISTER ACT 2: BACK IN THE HABIT



# James' Jokes and Football Fanatics!

James loves a good joke and has specially chosen these for this edition:

**What football team likes ice cream?**

Aston Vanilla

**Why are footballers like babies?**

They both dribble.

**Why was the the best footballer in the world asked to tidy up their rooms?**

Because they were a Messi.

**How do football players stay cool during a game?**

They stand next to the fans.

Here are James and Andrew celebrating their favourite teams, Manchester City and Arsenal!



**To find out more about our services,  
working for us or fundraising for us,  
please get in touch at  
[enquiries@supportability.org.uk](mailto:enquiries@supportability.org.uk).**

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## **Supportability**

Granville House  
20 Parsonage Road  
Heaton Moor  
Stockport  
SK4 4JZ

0161 432 1248  
[enquiries@supportability.org.uk](mailto:enquiries@supportability.org.uk)  
[www.supportability.org.uk](http://www.supportability.org.uk)

