

The ***Newsroom*** Bulletin



A Summer of Fun and Games



Hello from Our editors

We're delighted to welcome you to our third 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 make sure 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's Corner

Rob shares his views on the representation of disability on TV and the Paralympic Games

Why are there so few disabled people on the BBC and TV in general? Particularly presenting the news and sports programmes. It would be good to see a wider representation of presenters with different disabilities.

Rob feels frustrated and angry because things are not changing quickly enough. People with disabilities are taken for granted and overlooked.

People with disabilities need more support to help them learn the skills necessary to get roles in media such as reporters and presenters.

Surely they have the finances available from their profits to develop this. Rob would suggest a programme idea similar to BBC Dragon's Den, bringing ideas into reality with the right support, focusing on people from Stockport.

Rob wants to be a trailblazer in this issue for disabled people becoming more visible.

The Paralympic Games

Rob has been inspired by the Paris 2024 Paralympics. Robert has trained in boxing, and is a massive fan of Liverpool Football Club.

As a keen sports enthusiast, he has enjoyed watching the sporting events in the Paris Paralympics. Robert's favourite events have been tennis, table tennis, air rifle, taekwondo and Boccia (a type of bowls).

Robert has really enjoyed watching the swimmer, Alice Tai MBE. Robert said "Alice Tai has been a great swimmer and should be an ambassador for swimming for people with disabilities". Robert researched Alice Tai's story, and learnt that she was born with Talipes Equinovarus (TEV or clubfoot) and due to the pain it caused, she had to have her foot removed.

Alice had been an accomplished swimmer from an early age. After the amputation, Alice Tai was able to continue her swimming career. She went on to compete at a national level and eventually represented Great Britain in the Commonwealth Games in Sydney, Australia, and then the Paralympics in Paris.

Robert said "you can't just turn up and say that you're going to be an athlete, you need to train hard. Disabled athletes face a massive challenge. Finding accessible sports facilities and the right kind of coaching must be very difficult".

Robert would like to train at the sport of Boccia. We asked Robert how he thought he would fair as a Paralympian. "I'd like to learn to play Boccia and fencing. Fencing would be scary, I think boccia would be safer. I'd feel disappointed with myself if I came last, but I'd be buzzing if I won gold! I'm very proud of what I've achieved in my boxing, and I would want my family to be proud of me".

Roberts Paralympic facts! They're solid gold!

1. The paralympic motto is "Games wide open"
2. 170 nations participated in the 2024 Paralympics
3. 4463 athletes competed
4. There were 549 events in 22 sports
5. Each medal has a piece of the Eiffel tower in it, and the inscription on the medal is in Braille (a writing system credited to French inventor and educator Louise Braille)
6. 125 million Euros were spent upgrading the Paris bus system and subsidising the purchase of accessible taxis for the Paralympics
7. 1.5 billion Euros were spent on improving accessibility across Paris



Raz's Music Review



Song title, Sohni Lagdi

Artist, Sajjad Ali

Sajjad Ali is a performer who sings old songs and remakes old songs.

Sajjad Ali performs many different genres including semi-classical, pop and rock as well as being a poet, actor and film director. Sajjid Ali is from Karachi, Pakistan and is very famous in Pakistan.

The song, Sohni Lagdi is a tragic love story. Raz has chosen this song as it is one of his favourites. He likes the Romeo and Juliet theme and the tragic romantic ending.

"I enjoy the uplifting instrumentation and even though it's a sad theme, it's a happy and uplifting song. Various artists have covered this song in their own way. This is my favourite version of the song so far."

"I really enjoy the video for this song, the dancing, costumes and the drama of the story."

Raz recommends watching the full video on YouTube. Sohni Lagdi-Sajjad Ali original version.

Raz's score out of 10.

Lyrics-8

Instrumentation-9

Performance-10

Originality-9

Melody-10

Production-8

Overall score, 11 out of 10, it's that good!!

Nicky had her say in Manchester

In April of this year Nicky Williams, one of the people we support, and Annabel, our Assistant Manager, went to an event in Manchester about people with disabilities and their right to vote.

Where did Nicky go?

We went to Quaker House in Manchester.

How did Nicky get there?

Nicky arrived at Granville House at 10:30am, and used the Supportability accessible bus to travel into Manchester.

Was Quaker House accessible for Nicky?

"There was an access ramp Nicky used to get into the building, but there was no accessible parking. There was a struggle at lunch as there weren't any tables that were the right height for Nicky to comfortably support herself and maintain her independence. She had to be assisted by Annabel, and they had to eat our lunches in the foyer."

What was the event about?

The event was to address the issue of people with disabilities being able to exercise the right to vote in the mayoral elections. It was important that the polling stations were accessible, and assistance available to help people vote who required it. They also addressed the need for more accessible toilets across Greater Manchester.

Did Nicky have the opportunity to ask a question?

We waited patiently with our hands up, but initially, the microphone was only being passed to ambulant people who could stand.

Andy Burnham eventually noticed this and asked that the microphone should be passed to Nicky, who said "Andy Burham, we need bigger bathrooms. Annabel went on to explain "we told them what Nicky needed just to be able to attend the event that morning as an example."

Andy Burnham replied that it is his intention to improve accessibility across Greater Manchester. He told Nicky and Annabel about the toilet facilities at the new Transport Hub in Stockport, and used this as an example of what he hopes for the future. He also said that he is engaging with local businesses to improve the problems disabled people still face with access.

Was Nicky happy with the answer?

"Yes!" (big smile!) Nicky said she was happy with Andy Burnham's response. Nicky also said that she was very happy to have her photo taken with Andy Burnham at the end.

Nicky and Annabel had a good day, clearly not without its issues. Nicky did a great job of raising the challenges faced by herself and other people with disabilities.



A Mad Hatters Tea Party

The A Team (our voice group) requested a Mad Hatters Tea Party, so we hosted one for them on Friday 20th September. The sun shone and we enjoyed afternoon tea, ice cream and dancing.



Shipwrecked Raz!



Raz was asked, if he was to be shipwrecked, and needed a playlist to help him through the ordeal, what music would he choose?

Raz has chosen the following songs as each one has a special meaning to him.

1. TV's own Phil Mealey - Come Back
2. Usher - Caught Up
3. Taylor Swift - You belong to Me
4. Cover Drive - Exolode Ft Dappy
5. Tato Cruz - I just want to Know
6. Vanessa Carlton - A Thousand Miles
7. Evenescence - Bring me to Life
8. J-Lo - Love don't cost a thing
9. Avril Lavigne - Complicated
10. One Direction- What makes You

Raz found this a difficult task, as he loves music, and would have added thousands of tracks if he could.

Raz would love the peace and solitude, and the opportunity to explore the island. Raz has been fishing before, and would like to catch a fish supper.

Raz is also confident he could find fruit to eat, like mangos and bananas.

If Raz could have a luxury item, he'd like an HD TV and firestick to help him pass the time, but in an ideal world, he would like to be rescued after six months.

The first thing Raz would do on returning to civilisation is to have a shave.

James' Comedy Heroes



James is a huge fan of comedy, and he loves a good sitcom. There are plenty of classics to choose from, Dad's Army to Father Ted, Spaced to Not Going Out.

James is a connoisseur of the genre, and although it was a tough choice, James would recommend the following.

Only Fools and Horses, the long running classic sitcom for all the family. The show tells the story of the Trotter family's journey from rags to riches. James's favourite character is Rodney Trotter.

James also suggested The Inbetweeners. This edgy sitcom tells the story of four mismatched friends, making their way from teenagers to adults. James likes the main character Will and his sarcastic wit.

James's all time favourite though, is the hilarious Mr Bean starring Rowan Atkinson.

Hilarious visual comedy, ridiculous scrapes and adventures makes this an all time classic!

James' Jokes!

What did the pencil say to the other pencil on a date?

"Baby, you look sharp!"

How does the moon cut his hair?

Eclipse it!

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working for us or fundraising for us,
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