








April 2019 Podcast Show notes – Digital Dreams & Easter Eggs

In this episode we:-

- Give you a few facts on Autism
- Hear from the Radio stars on their ideas for the future
- Chat about Easter

Item	Timestamp	Details and links
	38s	Autism Awareness Week/month –Can you change the narrative, here are a few facts and a link to our film. https://www.facebook.com/SuttonMencap/
	1.09s	Emma, Nicola and Laura chat about digital ideas, reviewing shops, restaurants and community venues and providing feedback. Making films and possibly a digital magazine, all to help raise awareness of Learning Disability and Autism. Make our borough a safer and nicer place for all of us.
	6m 20s	There are new waling groups in the borough, one in Beddington and two in the Grove Park. Click here for more information https://twitter.com/SuttonHSociety/status/1091277664575516672/photo/1
	7m 40s	Congratulations to Rosemary who has helped Sutton Mencap achieve a great recycling award. Well done.
	8m 56s	How to get in touch 020 8647 8600 www.suttonmencap.org.uk/osr/ Tweet us - @osradiostars Email - oursuttonradio@gmail.com
Starring 		Our Radio stars for this episode were– Emma, Rachel, David, Laura and Nicola – thank you guys

LISTEN TO US AT WWW.SUTTONMENCAP.ORG.UK/OSR/

AND TELL ALL YOUR FRIENDS.