January 2019 Podcast Show notes

In this episode we:

- talk about our resolutions and predictions for the new year
- give you some news and information about upcoming events
- chat to Sutton Mencap’s Director about what priorities the Charity should work on
- listen to some great tunes
- and talk a little about relationships

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<th>Item</th>
<th>Timestamp</th>
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<td>Cycling for all is at the David Weir Centre Rosehill. On a Monday, Wednesday and Thursday mornings. Sessions are good fun, sociable and are a great way to get some exercise! They have a wide range of bikes, trikes and 4-wheelers.</td>
<td>5 m 35 s</td>
<td><a href="http://cyclingforall.org/cycling-sessions/view/david-weir-leisure-centre-thursday/">http://cyclingforall.org/cycling-sessions/view/david-weir-leisure-centre-thursday/</a></td>
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<td>Malookoo Dance – inclusive dance for all.</td>
<td>6 m 27 s</td>
<td><a href="http://www.malookoo.co.uk">www.malookoo.co.uk</a>, Email <a href="mailto:Olivia@malookoo.co.uk">Olivia@malookoo.co.uk</a></td>
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<td>The Speak Up Partnership is on Wed 30th Jan 11am to 1pm. They meet at the Salvation Army Sutton 45 Benhill Avenue, Sutton SM1 4DD. 11am to 1pm The theme this meeting is Transport so come along and have your say. Call 07715068941 for more details or to join the next meeting.</td>
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<td>The Change Foundation new cub for girls aged 16-19 with disabilities – call Maddy 07757891491 Or email <a href="mailto:maddyford@thechangefoundation.org.uk">maddyford@thechangefoundation.org.uk</a></td>
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<td>We have had over 110 listens to our first podcast which is available on our webpage. That’s wonderful, please keep sharing so we can have our voices heard. We were pleased to hear that the new club we featured in Episode 1 – ‘The Grayable club’ is now full and has a waiting list. Well done to them. For more information <a href="http://www.thegraybleclub.co.uk">www.thegraybleclub.co.uk</a></td>
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We were pleased to hear that the new club we featured in Episode 1 – ‘The Grayable club’ is now full and has a waiting list. Well done to them. For more information www.thegraybleclub.co.uk
| **Coming Up** | **6 m 43 s** | Two events to note will be the ‘**Valentines Disco**’ on the 14th February and the ‘**80's Film and TV Extravaganza**’

Check out [www.suttonmencap.org.uk](http://www.suttonmencap.org.uk) for full details about how to go along. |
| **interview** | **8 m 40 s** | David Hobday the Director of Sutton Mencap spoke to the Radio Stars about the Strategic Plan for the next 5 years

They had some good questions, if you want to comment or ask a question the plan can be found in the news section of the website, or you can call us for a copy. |
| | **22 m 50 s** | Relationships, what a subject!, there is so much to say we just touched on it in this podcast and have decided to record a special episode later in the year, if you have any comments or questions or want to take part please get in touch. |
| | **24m 30** | **How to get in touch**

020 8647 8600
[www.suttonmencap.org.uk/osr/](http://www.suttonmencap.org.uk/osr/)
Tweet us - @osradiostars
Email - oursuttonradio@gmail.com

Our playlist this episode included

- **Shallow** by Lady Gaga, requested by Ellie
- **Faith** by George Michael requested by Peter
- and **2 become 1** by the Spice Girls which is a favourite of Nicola’s.

(music is only included in live broadcasts) |
| **Starring** | | Our Radio stars for this episode were – Peter, Nicola, Ellie, Emma, Laura, Michael, Gary, and Dave.

The shows assistants were Lee, Toni, Milton and the episode was edited by Jude and David. |

**LISTEN TO US AT** [WWW.SUTTONMENCAP.ORG.UK/OSR/](http://WWW.SUTTONMENCAP.ORG.UK/OSR/)

**AND TELL ALL YOUR FRIENDS.**