












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

Item	Timestamp	Details and links
	Start	<p>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. http://cyclingforall.org/cycling-sessions/view/david-weir-leisure-centre-thursday/</p> <p>Malookoo Dance – inclusive dance for all. www.malookoo.co.uk, Email Olivia@malookoo.co.uk</p>
	5 m 35 s	<p>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.</p> <p>The Change Foundation new cub for girls aged 16-19 with disabilities – call Maddy 07757891491 Or email maddyford@thechangefoundation.org.uk</p>
	6 m 27 s	<p>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.</p> <p>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.thegrayableclub.co.uk</p>

<p>Coming Up</p> 	<p>6 m 43 s</p>	<p>Two events to note will be the 'Valentines Disco' on the 14th February and the '80's Film and TV Extravaganza'</p> <p>Check out www.suttonmencap.org.uk for full details about how to go along.</p>
<p>interview</p> 	<p>8 m 40 s</p>	<p>David Hobday the Director of Sutton Mencap spoke to the Radio Stars about the Strategic Plan for the next 5 years</p> <p>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.</p>
	<p>22 m 50 s</p>	<p>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.</p>
	<p>24m 30</p>	<p>How to get in touch</p> <p>020 8647 8600 www.suttonmencap.org.uk/osr/ Tweet us - @osradiostars Email - oursuttonradio@gmail.com</p>
		<p>Our playlist this episode included</p> <p>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)</p>
<p>Starring</p> 		<p>Our Radio stars for this episode were – Peter, Nicola, Ellie, Emma, Laura, Michael, Gary, and Dave.</p> <p>The shows assistants were Lee, Toni, Milton and the episode was edited by Jude and David.</p>

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AND TELL ALL YOUR FRIENDS.

