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Able Radio was founded in 2006 by a group of volunteers passionate about improving the everyday lives of disabled people.

The enterprise grew rapidly through demand and now plays a pivotal role within the disabled community. Beyond on-air broadcasts, Able Radio engages with numerous organizations and individuals across the UK via training and remote satellite centre's.

Funding from The Big Lottery has assisted in the rapid development.

Driving all activities are a team of dedicated volunteers, most living with a disability themselves.

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**AbleRadio**  
a voice for all

VOLUME 1, ISSUE 2

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## Out And About— The Hardest Hit

2011 saw large changes to the UK; the biggest being the Coalition government coming into power. David Cameron and Nick Clegg joined forces to create an alliance in the Houses of Parliament. One of their priorities was to create a benefit reform in the hopes of improving the countries' economy since the recession began.

Inevitably, the government was met with backlash from some of those who felt that they were being singled out or punished with regards to how much money they were entitled to on disability living allowance and other benefits. This is how The Hardest Hit started its campaign; to help those who were under financial pressure since the reforms began.

On October 22nd 2011, 5000 people were involved in the Hardest Hit Rally across the UK in a number of cities and towns.

Able Radio presenter, Rosie Moriarty-Simmons was among those who attended in Cardiff, protesting against the welfare reform. Rosie also had the opportunity to interview those in attendance to get their thoughts. These included big names such as High Hopes actor and writer, Boyd Clack, assembly members, Remploy, who employ around 2,800 disabled workers and a number of organisers of the event.

The morning began with a number of speeches from the three assembly members who were in attendance, Boyd Clack, and Andrew Price from Cardiff Trades Council. They were able to voice their opinions about the event and what they believed should happen in the future.

On the event, Rosie said "It is great to see so many people united in their passion for fighting for what they want".

The speakers also spoke about their distress at the threat of closure for Remploy who campaign for disabled people in the workplace.



Rosie Moriarty -Simmons and Boyd Clack

Cardiff alone saw 1000 people who, after listening to the speakers, marched through the City Centre chanting "no ifs, no buts, no disability cuts" as onlookers beeped their car horns in support.

On the number of those in attendance, Mr Clack said, "disabled people may be disabled but it doesn't make them stupid. They aren't going to stand to be knocked about without retaliating, the number of people doesn't surprise me at all."

The marches and demonstrations have helped get people heard and make a difference in the disabled community.

Audio clips of Rosie's interviews can be found on the Able Radio website: [www.ableradio.com](http://www.ableradio.com)

Further information on the Hardest Hit campaign can be found at [www.thehardesthit.wordpress.com](http://www.thehardesthit.wordpress.com)



Michael McEwan  
(Presenter)

“I enjoy giving a voice to disabled people in Scotland”

## Volunteer Focus

**Name:** Michael ‘Mike’ McEwan

**Age:** 28

**Starsign:** Scorpio

Michael McEwan is a volunteer for Able Radio and although not local, he is very much involved in what happens at the station. Mike lives in Scotland and from his home he has broadcast live shows via Skype. He researches all of the content that goes into his show and has pioneered Able Scotland where he promotes Able Radio within the Scottish community.

Mike is heavily involved in disability organisations and works hard to spread the word.

Mike first got involved with Able Radio after seeing an advert in a magazine. Having a disability himself, Mike has said that he got involved

because he wants to help others. He has said, “I enjoy giving a voice to disabled people in Scotland and elsewhere”. Mike has been involved with various community and online radio stations for over 13 years and he continues to develop new ideas for programming and press in Scotland. Volunteer co-ordinator Sam Edmunds has said “He is an ideal volunteer because he is passionate about the project and determined to succeed”. Mike has also been heavily involved in promoting the Scottish Consortium for Learning disabilities.

Programme co-ordinator, Malcolm John has added “he has really promoted the station in Scotland and brought in a whole new audience. I think what he is doing is fantastic, he has put Scotland on the Able map”.

Mike is now producing a new show for Able Radio which will premiere in the near future.



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## Volunteer at Able Radio

Able Radio has welcomed a number of new volunteers through the doors and they have proved very successful in the roles that they have committed to and thoroughly enjoy being a part of the station and working in the radio environment.

However, Able Radio are still in need of new volunteers so that it can fully utilise the on-air talent that is awaiting the opportunity.

If you are passionate about music, giving something back or are simply looking for something rewarding to do with your time and gain a number of new skills then please contact Able Radio:

Telephone: 0845 40 90 294

E-mail: [Management@ableradio.com](mailto:Management@ableradio.com)

Able Radio are fully inclusive and would love for you to be a part of the excitement.

Volunteers are welcome both at Able’s studios or from their location wherever it may be.

There are a number of roles that need to be filled by new volunteers:

### **Technical Operations:**

A number of Able Radio presenters have visual impairments which means that there is a requirement for personnel to operate the studio equipment during live shows. It may sound scary, but it is straight forward and a lot of fun. Training in this area is given on arrival. This position gives you the opportunity to get into the studio and learn production and editing processes.

### **Research:**

Possibly the most important aspect of radio production; the research into the content for broadcast. Our presenters are living with disability and medical conditions and while researching themselves, it is always helpful to have extra input into what goes into the shows content.

All studio based roles are subject to CRB checks.

“I enjoy all of the experience that I have received from volunteering. It has taught me a lot and I can give something back to others.”

(Joe Marshall-Able Radio Volunteer)



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# Competition Time —In Love? Love It

**Win a romantic four night stay in Blackpool worth over £500**

(+ three runner up prizes; vouchers worth £100, £75 and £50 towards the cost of any Bond Hotel break)

**The Bond Hotel, Blackpool 13th - 17th February 2012**

Able Radio have teamed up with The Bond Hotel in Blackpool to offer listeners the chance to win a romantic break for two over Valentines Day 2012.

Enter Now!!!

Celebrate with your Valentine this year with a luxury break in a fully accessible hotel designed with disabled people in mind.

This is an award winning specialist hotel and Able Radio are delighted to offer this break to you!

**Prize includes: Dinner, bed and breakfast, live cabaret, gala dinner, and champagne on arrival.**



## How To Enter...

**Tell us why you feel that you should win the prize.  
Your entry should be no more than 30 words in length.  
Don't forget to include your contact details.  
Listen to Able Radio for updates and finally for the winners...  
it could be you!**

Competition closes 0900 Friday 27th January 2012. Winners will be announced at 1300 January 27th 2012.

For help with your entry, visit: [www.bondhotel.co.uk](http://www.bondhotel.co.uk) and [www.ableradio.com](http://www.ableradio.com)  
In entering the competition, you are agreeing to the Terms and Conditions which can be found on the Able Radio website and Facebook. Visit and 'Like' our page. THANKS!

Prizes donated by The Bond Hotel, Blackpool.

**Send entry to: [LoveBond@ableradio.com](mailto:LoveBond@ableradio.com)**



Dining area at The Bond Hotel, Blackpool

# Able Training

Able Radio is a fantastic source of training largely for adults and young people with learning disabilities. Topics vary from news stories to things happening at a specific time. Skills gained by those who attend range from confidence and communication to literacy and numeracy among others.

Back in 2009, Able Radio began workshops called Brynglas Beats where a group of adults with learning disabilities from Newport would come to the studios to produce a show that they could play in their own day centre. They grew in confidence and gained new skills. From this, Able training grew.

In 2010, Able Radio began a Wednesday group of six who named themselves Ty Nant Buzz with the catchphrase 'Bee Happy'. This group are still attending weekly and have achieved great things from conferences to radio plays and OCN's.

The success has led to an increase in demand. Able Radio now run a 'Buzz' group on a Monday, Tuesday, Wednesday and a Friday. Able Radio have also offered training to individuals such as John Dale who came to Able for a six week course during which he produced his own show. Able have also ran courses with First Campus. A group of school pupils from Abersychan School came for an introduction to radio course, discussing many important topics before going on to produce their own show also, proving very successful. The second half of the course is underway.

Buzz just over a year, has said "since doing the typing, my reading is a lot better. Before I would stutter". The radio studio has not only proved to be a fun and exciting environment which helps communication and confidence but also educational and aiding the groups to improve their literacy.

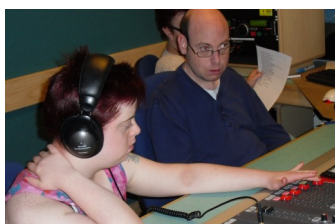
Tutor Tanith Booth has said, "I have watched them go from shy and quiet to pretty much running the studio without my help. They all seem to enjoy it and look comfortable as though they have been doing it for years. There is constant improvement".

Training co-ordinator, Ian Williams added "This is just the beginning for them, we hope that they go on to achieve much more from attending the sessions".

The past few weeks during Ty Nant Buzz on a Wednesday have seen the group progress their skills behind the desk.

Studio one is home to a large sound desk which allows the user to have complete control over the music schedule, the volume control and the microphones in the studio.

The Wednesday group have shown tremendous improvement in team work during this particular exercise. The group splits into two teams where each member has a job to do; they then alternate jobs the following week to ensure that they get a chance to



Emma Butcher, Jamie Squires and Debbie Nash

do everything that is required to put a radio show together.

One member of the group types the songs into the system and drops them into the cart where they can play them when another participant has introduced it. Debbie Nash, who has been attending



Picture: Daniel Hiley demonstrates his skills as Richard Madeley introduces the music and Gemma Nicholls controls the music.

“Ty  
Nant  
Buzz:  
Bee  
Happy!”



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“Since doing the typing, my reading is a lot better. When I tried to read I would stutter but since I have been coming to radio I can read my own letters. I showed my sister and she couldn't believe it.”  
(Debbie Nash—  
Buzz member)



Able Radio is a not for profit social enterprise that was founded in 2006 after disability hate crime was witnessed.

Part funded by the Big Lottery, Able Radio aims to give a voice and provide opportunities to all.

Able Radio offer training as well as social interaction and a fun environment for everybody so get involved now.

With the increase in demand we have an increase in success. Be a part of it NOW!

**ABLE RADIO—Non discriminatory, fully inclusive and at the heart of YOUR community!**

Listen Live: [www.ableradio.com](http://www.ableradio.com)

**Able Radio**

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**Focusing on the ability in disability!**



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# On - Air Schedule-Q1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7-9AM</b>	BREAK-FAST SHOW	BREAK-FAST SHOW	BREAK-FAST SHOW	BREAK-FAST SHOW	BREAK-FAST SHOW	BREAK-FAST SHOW	BREAK-FAST SHOW
<b>9-10AM</b>	ABLE GOLD	ABLE GOLD	ABLE GOLD	ABLE GOLD	ABLE GOLD	ABLE GOLD	ABLE GOLD
<b>10-11AM</b>	ABLE TO-DAY	ABLE TO-DAY	ABLE TO-DAY	ABLE TO-DAY	ABLE TO-DAY	SAT SHOW	EASY SUNDAY
<b>11-2PM</b>	ABLE LIVE	ABLE LIVE	ABLE LIVE	ABLE LIVE	ABLE LIVE	SAT SHOW	EASY SUNDAY
<b>2-4PM</b>	AFTER-NOON	AFTER-NOON	AFTER-NOON	AFTER-NOON	AFTER-NOON	SAT SHOW	EASY SUNDAY
<b>4-5PM</b>	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	SAT SHOW	ABLE LIFE
<b>5-6PM</b>	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	SAT SHOW	ABLE J&B
<b>6-7PM</b>	FOCUS	FOCUS	FOCUS	FOCUS	FOCUS	COUNTRY	INTO THE 90'S
<b>7-8PM</b>	INTO THE 90'S	ABLE SOUL-TRAIN	INTO 80'S	ABLE ATTITUDE	ABLE ROCKS	ABLE ROCKS	ABLE BASSLINE
<b>8-9PM</b>	ABLE BASSLINE	AIRING PAIN	ABLE LIFE	ABLE TIME MACHINE	ABLE ROCKS	ABLE ROCKS	AIRING PAIN