

# NEWSREEL

## 2020-10-17



### Programmanus

*av Kate Holland*

Hi, I'm Kate Holland. And this is Newsreel.

Coming up...

The teenagers helping to cure Dementia.

And the problems faced by young men with Eating Disorders.

*FREDDIE FLINTOFF: For years I've managed to keep it hidden...It's not right is it?*

But first,

#### **Farming in South Africa**

Women and young people are the future of farming in South Africa.

That's according to President Cyril Ramaphosa who has just announced in a speech to parliament, and taken from their website, a big scheme to share the country's land more fairly amongst South Africans.

*CYRIL RAMAPHOSA: We are prioritising youth, women, people with disabilities and those who have been farming on communal land and are ready to expand their operations.*

Under these reforms 700,000 hectares of under-used land will be given to new farmers.

During Apartheid, the system that meant black people didn't have many rights in South Africa, white people owned nearly all the land. This scheme is seen as an important way of making sure the land is divided more evenly.

*CYRIL RAMAPHOSA: We should no longer be afraid of this process, of having to change the land ownership architecture in our country.*

**announce**

*meddela, tillkännage*

**scheme**

*plan, system*

**disabilities**

*funktionsvariationer*

**communal land**

*gemensam/kommunal  
mark*

**operations**

*verksamheter*

**reform**

*officiell förändring*

**divided**

*uppdelat*

**more evenly**

*jämnare*

## Male Eating Disorders

Now, when you think of eating disorders, like Anorexia or Bulimia, I'm guessing you normally think they affect young girls.

But in fact, lots of young men also have eating disorders but it's not spoken about very much.

Now Freddie Flintoff, a former sportsman and a big TV celebrity here in the UK, has started a national conversation by talking about his battles with Bulimia in a BBC TV documentary.

**FREDDIE FLINTOFF:** *This is such a hard thing to define or even admit, for years I have managed to keep it hidden - it's not right is it!*

Bulimia is an eating disorder and a mental health condition where people binge on food and then make themselves throw up

Richie Cartwright is a young man with an eating disorder. I spoke to him online, and asked him what the Freddie Flintoff documentary meant to him.

**RICHIE CARTWRIGHT:** *It was really impactful because to see a very masculine guy that I had valued when I was growing up, he was a big sports icon for me myself. To see him in a very similar position was really both inspiring, but also made me reflect on my own journey through this.*

**KATE:** *And what advice would you give to younger people suffering from an Eating Disorder?*

**RICHIE CARTWRIGHT:** *A really good question. For guys the first thing is, try to not let your masculinity get in the way of it. Try to recognise it for what it is and try to understand that eating disorders are not a woman thing, they're not a certain person thing. The first thing is kind of the humility and the acceptance to go: "Well okay, something weird is going on."*

## A Gym for Your Mind

And finally,

*(Girls celebrating)*

That's the sound of three Irish teenagers celebrating when they found out they'd won an international technology award.

**eating disorders**

*ätstörningar*

**celebrity**

*kändis*

**battle**

*kamp*

**admit**

*erkänna*

**hidden**

*gömt*

**binge on food**

*hetsäter*

**impactful**

*effektfull*

**advice**

*råd*

**suffering**

*som lider*

**get in the way**

*vara i vägen*

**recognise it for**

**what it is**

*se det för vad det är*

**mind**

*här: hjärna*

**celebrating**

*som firar*

**award**

*pris, utmärkelse*

Racheal Akano, Margaret Akano, and Joy Njekwe, have designed an app which helps treat people with dementia - that is people who are losing their memories

The app works by helping older people with their brain training. It's like a gym for your mind.

Well that is all from me today...see you on the 31st of October

**treat**

*behandla*

**dementia**

*demens, en*

*minnessjukdom*