

NEWSREEL



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Programmanus

av Kate Holland

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

Coming up:

Living with a chronic illness.

Annabel: I had to stop playing some sports that I enjoyed, and I also used to get really tired.

But first:

Is the British Royal Family racist?

Meghan Markle, the Duchess of Sussex, and her husband Prince Harry, have sparked a big public debate in the UK after an interview they gave to Oprah Winfrey.

In 2018, Prince Harry married Meghan Markle, an African American actress.

In the interview the Duchess said that when she was pregnant with their son Archie, there were conversations within the Royal Family about how dark Archie's skin would be. This clip is taken from CBS.

Meghan Markle: In those months when I was pregnant, all around this same time, so we have in tandem the conversation of he won't be given security, he's not going to be given a title. And also concerns and conversations about how dark his skin might be when he's born.

Aamna Mohdin is a journalist in the UK. This is what she said on the Guardian's podcast Today in Focus.

Aamna Mohdin: I think it speaks to how much more we need to go as a society to challenge racism. It just shows how embedded it is.

Since they got married, the couple have faced lots of negative attention from the British media. Meghan told Oprah that she had been experiencing bad mental health as a result, but says she received no support from the Royal family.

the Royal Family

kungafamiljen

the Duchess

hertiginnan

spark a debate

väcka en debatt

pregnant

gravid

in tandem

samtidigt

concern

oro

challenge

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fick

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issues

frågor

In response the Royal Family has said:

The issues raised, particularly that of race, are concerning. Whilst some recollections may vary, they are taken very seriously and will be addressed by the family privately.

Living with a Chronic Illness

Annabel: My hands are sore and stiff daily which can be pretty uncomfortable. I had to stop playing some sports that I enjoyed, and I also used to get really tired.

That's Annabel. She's 25, from London, and is talking to me about what it's like to have Juvenile Idiopathic Arthritis. She's supported by the charity JIA at National Rheumatoid Arthritis Society.

Juvenile Idiopathic Arthritis - known as JIA - causes inflammation in and around your joints, which can be very painful. It affects children and young people and is a chronic illness which means it lasts a long time and needs constant treatment.

In the UK, around 1.7 million young people have a chronic health condition. It can have a huge impact on your ability to do things like be physically active, or be able to go to school.

This is Annabel again. She found out that she had JIA when she was ten years old.

Annabel: I used to put all my effort into, like, being fine at school, and then when I'd get home, I would also have to take naps. Also because it affects my hands I would find it hard to write long essays.

A lot of chronic illnesses are invisible, which means that you can't see the symptoms. For example, chronic conditions like JIA, diabetes, or Crohn's disease, might make you very fatigued or tired all of a sudden.

Annabel says that having an invisible illness as a young person makes it harder for people to understand when you feel unwell.

Annabel: It's easy for me to explain to someone that my fingers are swollen and that makes them sore, but it's really hard to tell them that I get really tired, I get really fatigued, because if you can't see it, I think it's hard for people to understand. And so even when people look fine, you never really know what they're dealing with and what's going on.

Our thanks to Annabel.

I'll be back on the 10th April, but for now, goodbye!

concerning
oroväckande
recollections
minnesbilder
to address
att ta itu med
chronic illness
kronisk/långvarig
sjukdom
sore and stiff
stela och ömma
Juvenile
Idiopathic
Arthritis
barnreumatisk
ledsjukdom
joints
leder
impact
påverkan
ability
förmåga
found out
fick reda på
effort
ansträngning
naps
tupplurar
invisible
osynliga
condition
tillstånd
fatigued
utmattad
unwell
sjuk
dealing with
hanterar, går
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