

NEWSREEL

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Programmanus

av Kate Holland

Hi, and welcome to Newsreel. I'm Kate Holland.

Coming up:

- Rapping about mental health

Angel: Peace of mind, how can I find that?

But first:

Cancer patients flown to the UK for treatment

Sajid Javid: I am pleased that we were able to rescue these children. These were very ill children, 21 in total. They will now be cared for here in the UK, for as long as is needed.

That's Sajid Javid, the UK's Health Secretary, speaking to the BBC. He's talking about 21 Ukrainian children with cancer coming to the UK for life-saving treatment.

The children, who are aged between one and seventeen, had their care stopped in Ukraine after Russia invaded their country last month.

They're now being treated at specialist hospitals around the UK.

Dr Michael Griksaitis told Sky News why he and his team were delighted to help.

treatment

behandling

UK's Health Secretary

Storbritanniens hälsominister

life-saving treatment

livräddande behandling

specialist hospitals

specialistsjukhus

delighted

glad

Dr Michael Griksaitis: We were just privileged and honoured to be able to help get them out of the country because without this ongoing care, they would die.

honoured

bedrad

Rappers tackling mental health

mental health

psykisk hälsa

Now, what do rappers talk about in their lyrics?

lyrics

låttexter

Alfie: I need to get out of this fantasy, I cannot breathe with this anxiety. In this life, nothing comes for free, and now it's killing me, it's killing me now. It's killing me....(music)

anxiety

ångest

That's Dopamine by QuantumCaza who raps about his struggles with depression and anxiety.

struggle

kamp

issues

problem

You might be surprised to learn that more and more rappers are being open about their mental health issues in their music.

A recent report from the University of North Carolina found that references to negative emotions in rap music had doubled in 20 years.

references

hänvisningar

I spoke to QuantumCaza also known as Alfie and asked him why he thinks rappers are being more open about their struggles with mental health.

Alfie: People and artists are starting to open up more in these recent years because the internet is providing them with a space to voice themselves. And music provides that pathway to express yourself.

voice themselves

uttrycka sig

pathway

väg

providing

tillhandahåller

Why do you rap about your own mental health issues in your music?

Alfie: Mental health is a big part of who I am and where I came from. I suffer from PTSD and I've been through various heartbreaks, you know, anxiety, depression. I feel good when I write it down and I express myself, it's like the burden is lifted from my shoulders.

PTSD (post-traumatic

stress disorder)

Posttraumatiskt stressyndrom

burden

börda

I've also been listening to the music of 22-year-old rapper Angel who is supported by a mental health charity called Key Changes.

Angel: I know that misery loves company, that's why I focus on my love for me. Self love or self hate, I don't want none of the negative.... (music)

I asked her how making music has helped her.

Angel: Sometimes I find it difficult waking up or just doing such simple tasks such as self-care. However, whenever I put my music on, suddenly my mood changes and I'm ready to start the day.

Thank you Alfie and Angel.

Deaf actor makes history at the British Academy of Film and Television Awards (BAFTAs)

Troy Kotsur: Have you considered maybe a deaf James Bond? Double-o-eight?

That's American actor Troy Kotsur joking that he should be the next James Bond at the BAFTA award ceremony. The BAFTAs are the British version of the Oscars. He spoke through a sign language interpreter.

Troy had just become the first deaf actor to be presented with a BAFTA award for his film CODA.

The actor thanked the film's producers for their faith in him.

Thanks for listening and speak to you all next time.

Goodbye!

supported

stöttad

charity

välgörenhet

tasks

uppgifter

self-care

egenvård

mood

humör

deaf

döv

considered

överbäget

sign language

interpreter

teckenspråkstolk

faith

tro / förtroende