

NEWSREEL EASY

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Programmanus

av Kate Holland

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

Coming up:

- Rapping and mental health

QuantumCaza: I cannot breathe with this anxiety

But first:

Ukrainian children with cancer brought to the UK

Twenty-one very sick children with cancer have been flown to the UK from Poland for life-saving treatment.

They were originally from Ukraine but had been evacuated to Poland following the start of the war.

Hospitals in Poland weren't able to look after them properly.

Sajid Javid, a UK MP, told the BBC:

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.

He said that the children will get the best care possible in the UK.

mental health

psykisk hälsa

life-saving treatment

livräddande behandling

originally

ursprungligen

look after them

ta hand om dem

properly

ordentligt

MP (member of

parliament)

medlem i brittiska

parlamentet

rescue

rädda

cared for

tas hand om

care

vård

Rap and mental health

Now, what do rappers usually talk about in their songs?

More rappers are talking about their mental health problems including depression and anxiety.

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

That's Dopamine by musician QuantumCaza from London.

I asked him what his song is about.

QuantumCaza: It's a song about my constant battle with my mental health while trying to find love and affection for myself.

Why was it important for you to talk about mental health in your song?

QuantumCaza: It's important to express yourself and not let these negative, sad emotions control your life. And, finding an outlet like music, even if the songs end up being like a sad song, it's an outlet and it helps you go forward in your life.

Why do you think more rappers are talking about their mental health in their songs?

QuantumCaza: 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.

I wanted to find out more about the issue so I spoke to music journalist Sam Davies.

Why do you think more rappers are talking about their mental health?

Sam Davies: I think it's a reaction to a wider social trend, perhaps brought on by lockdown, people spending a lot more time with themselves, but perhaps brought on by social media as well, which obviously promotes voices like influencers who like to talk about their feelings and so on and I think that's only a good thing that it's spilled over into rap.

Influencers are social media users with large followings.

Thank you Sam, and QuantumCaza.

usually

vanligtvis

including

inclusive

anxiety

ångest

constant battle

ständig kamp

affection

ömbet

express yourself

uttrycka sig

outlet

utlopp

go forward

gå framåt

providing

tillhandahåller

voice themselves

uttrycka sig

wider social trend

en trend i sambället

brought on by

orsakats av

promotes

främjar

The deaf actor makes history

Award presenters: And the BAFTA is awarded to, Troy Kotsur for CODA

This is Troy Kotsur becoming the first deaf actor to win a BAFTA for his role in CODA.

He said he was delighted to win the award after struggling for years to find suitable roles.

Troy Kotsur: It is such an honour to be here today, to accept this award from BAFTA. I think it's great that all of you are recognising my work from all the way across the sea and it's truly amazing.

He spoke through a sign language interpreter.

The Best Film award went to The Power of the Dog starring Benedict Cumberbatch.

Speak to you all next time.

Goodbye!

deaf

döv

delighted

lycklig

struggling

kämpade

suitable

passande

recognising

erkänner

honour

ära

sign language

interpreter

teckenspråkstolk