

Shout Radio

Latest news and bulletin updates

Colin Ashcroft

Welcome to our June edition newsletter everybody!

It's the month that is halfway through the year, June! The weather has been heating up as the summer kicks in and we here at the Shout Radio office have been roasting in the heat! So this month's edition will be about staying cool in the sun.



This newsletter has all the latest news from around the station, stories from our Presenters and few track recommendations from our Presentation Team!

Feature Your Song Recommendations and Stories in our Next Newsletter!



Song recommendations are chosen from the various songs that our volunteers submit to the newsletter. You could have a song of your own featured in our next newsletter. Got a gem from the 1950s? Maybe you discovered a song from the 2000s that you want to share with people! We take song recommendations from any era and any genre.

Not all songs can be featured in a newsletter. If yours is not featured, it will likely be featured in the next newsletter!

We also feature the stories of our volunteers in the newsletter. It could be the story of something you did recently, how your radio show started, how you joined Shout Radio or even how you found Shout Radio in the first place!

Not all stories can be featured in each edition of the newsletter, but don't fear! If your story doesn't get featured in the current edition of the newsletter, then it will be featured in a future edition. So feel free to share your stories with us.

Song Recommendations From Our Volunteers

Songs chosen by our
volunteers!

News from Around The Station

The latest news, from around
the station.

Stories from our Volunteers

Stories submitted by our
volunteers!

Station News!

The latest updates to get you through the day

As we come to the end of June, we've found that the decision to equip the office with an air conditioner was a very good idea. It has been a godsend for those of us working in the Shout Radio office in Blackpool.

As we are at the seaside, we also got to enjoy the sun and sea in the high heat as well. Visitors to Blackpool will likely increase when the school holidays start, so we're enjoying the beach before everyone else arrives!



Volunteer Stories!

Colin Ashcroft: My plan to stay cool involves drinking lots of cool drinks and staying in the shade. I've been sunburnt a few times already. I should really start applying sun cream more if I go out and about!

Song Recommendations!

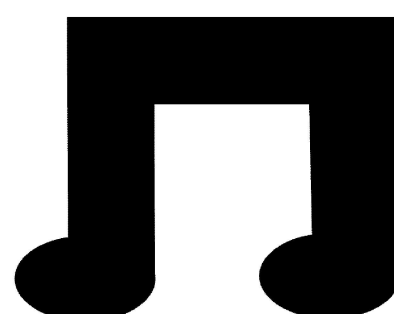
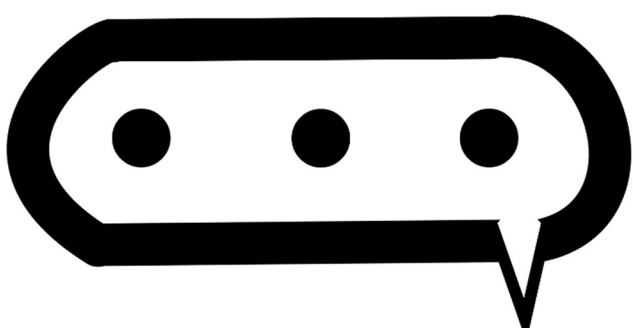
Boney M. – Daddy Cool

Adele – Rolling in the Deep

Fly Project – Toca Toca

Elton John – Goodbye Yellow Brick Road

Bay City Rollers – Give a Little Love



Advice for Keeping Cool in the Heat

With the summer now in full swing the heat will come roaring in, roasting us when we go out and about and making cars and homes toastier than a burger on a barbecue! We here at Shout Radio have been looking into ways to keep safe and cool in the summer. We'd like to share with you some of the methods we found.

Make sure you have cold food and drinks to help keep yourself cool in the heat. A barbecue is fun and tasty, but if you are overheating, more hot food is the last thing you want to be having. If you're going out in the sun, make sure you wear sunscreen. Cancer is dangerous and a known killer, so you should always take care of yourself and reduce the risk of developing it where you can. Make sure to wear light clothing as well! Snow suits are a bad idea in the summer.

While nothing has been confirmed yet, there is every chance that you might experience a heat wave. Heat waves produce hotter temperatures than the summer usually does and can be dangerous if you are not careful. In the event of a heat wave, avoid going out when the weather is at its hottest. Make sure to stay hydrated by drinking water!

Other things to keep in mind when dealing with a heatwave include making sure you keep your home/workplace cool and taking cold showers when you can to keep yourself cool in the face of the heat. Take care of yourselves in the heat and keep yourselves safe!

Source: [Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](https://www.nhs.uk)

