

Trusted Source • July 2019

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Welcome  
Change  
Productions

A decorative banner with abstract, layered patterns in shades of red, orange, and purple.

**TRUSTED SOURCE**

PRESENTS

**OUCH!**  
**DISABILITY TALK**

*BBC's dedicated podcast centered around people with Disabilities.*

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Ouch! is a podcast that features stories of people with disabilities. Hosts, Simon Minty and Kate Monaghan describe the show as "The place where the real *disability talk* happens. Interviews, life hacks and things you don't say out loud." For their candor and honesty we are so proud to feature Ouch! as this month's Trusted Source!

[Ouch! Disability Talk Website](#)

**Ouch! Disability Talk  
provides varying content.**

One of the best parts of this podcast is that it references a multitude of content outside of the podcast, including clips and videos. A video that stood out to us at Welcome Change is Jared Hara's story. As a blind lead guitarist in an internationally touring band, his interview really popped.

This interview with Jared Hara and his band, [Symmetry](#) is an example of Ouch! with their effective and genuine in their approach.

## THINGS TO KEEP IN MIND



Accessibility

This video is accessible to all. Take note of the clarity of the captions, how easy they are to read and follow, without taking away from the interview.

### Simplicity of Allyship

In the video, Hara mentions after going blind at age 11, his teachers asked him what instrument he wanted to play. After choosing the guitar, his teachers encouraged him and saw him as capable.

Hara also points out the importance of his other band members. Their aid in making simple accommodations allow him to have full participation in the band with minimal natural supports.

### Talent that Speaks for Itself

Symmetry is a band that is growing in popularity through their music. Jared Hara observes that many fans do not know that he is visually impaired upon first introduction to the band. This is proof that he is looked upon as an artist first. Hara feels good having a career in a typical way, not having the first thing people know about him is that he has low vision.

**Ouch! Video**



It is important to acknowledge the atmosphere in the UK surrounding the voices of people with disabilities. The fact that a podcast like Ouch! can be successful is because ableism is being taught prominently in schools and throughout the community. Representation and exposure allow for underrepresented groups to speak more openly about their experiences; positive or negative, but always honestly. This podcast is an outgrowth of a culture of inclusivity.

## How can I listen?

Ouch! Disability Talk podcast is nearing their 300th episode! You can listen on all major streaming platforms such as [Spotify](#), [Itunes](#), [ListenOutloud](#) and more. You can even download episodes directly from [BBC](#). What are you waiting for? Check out Ouch! Disability Talk and let us know what you think.

Want more about Jared?



There are many exciting films and well-made media featuring disability. The challenge is knowing where to find it, and how to use it.

Trusted Source is a monthly media recommendation that you can use in your trainings and classrooms, and that you can share with your networks. We hope you find these pieces as insightful and revealing as we do.

Visit [welcomechange.org](http://welcomechange.org) for more info, and follow us on social media below!

Check out the clip to left for bonus footage of Jared Hara in the gym. In this video he is speaking more openly about himself operating as a blind man.

**GOT A MEDIA SUGGESTION? LET US KNOW!**

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