

## Section 1 Madison Tevlin

00:00:00:00 - 00:00:04:14

Speaker 1

BBC Sounds, Music, radio, podcasts.

00:00:04:20 - 00:00:13:13

Speaker 2

Hello. Madison Tevlin. Well, hi. Hi. You are the woman of the moment. You are all over the internet, aren't you?

00:00:13:17 - 00:00:16:09

Speaker 1

I know. It's crazy. So overwhelming.

00:00:16:11 - 00:00:41:04

Speaker 2

Your video has gone not just viral, but mega viral, like 100 million views. Viral. It's called Assume that I can, so maybe I will. And you, Madison, Start by talking about all the things that people assume you can't do and therefore you maybe won't do. But then the tables turn and everything changes. Here's a clip.

00:00:41:07 - 00:00:51:20

Speaker 1

Hey, if all your assumptions become reality, then assume that I can drink a margarita, so you serve me a margarita. So I drink a margarita

00:00:51:20 - 00:01:02:23

Unknown

Assume that I can live on my own. So I live on my own. Assume that I can hit harder. So I hit harder.

00:01:03:00 - 00:01:12:24

Speaker 1

Assume that I can learn Shakespeare. "What fools these mortals be" So I learn [bleep] Shakespeare. You assumed I can't swear, right?

00:01:13:00 - 00:01:19:24

Unknown

I can do that job and I can go to parties and I could have sex. I can be on stage.

00:01:20:01 - 00:01:27:13

Speaker 1

I assume that I can. So maybe I will.

00:01:27:15 - 00:01:33:09

Speaker 2

my goodness. Madison, how does it feel to be really famous and to have gone viral like that?

00:01:33:15 - 00:01:45:06

Speaker 1

It's been overwhelming. I've been getting a lot of messages coming at me. My phone was blowing up like crazy and everything's coming up like, I can't believe it it's so shocking.

00:01:45:09 - 00:01:48:24

Speaker 2

And how did you end up in this film? [unclear]

00:01:49:02 - 00:01:55:24

Speaker 1

Reached out to me and they asked me to do a self tape, so I did my self tape and it was filmed in Barcelona.

00:01:56:01 - 00:01:57:19

Speaker 2

you got to go to Spain to film that?

00:01:57:21 - 00:02:02:23

Speaker 1

Yeah, It was like one of the best experiences of my life, for sure. Wow.

00:02:03:00 - 00:02:09:24

Speaker 2

And when you read the script, did it speak to you? Did it feel like something that you could identify with?

00:02:10:01 - 00:02:11:18

Speaker 1

Everything I would say about.

00:02:11:18 - 00:02:13:12

Speaker 2

Myself completely, for sure.

00:02:13:16 - 00:02:31:23

Speaker 1

Like when I read the script, I just knew it was made for me. It brought out all my personality. Everything came out, all my sassiness. And I brought out the energy and I felt so much fun. It was so fun. It was so powerful, was so moving, and it was feeling all the mixed emotions.

00:02:32:02 - 00:02:40:17

Speaker 2

And it's about people having lower expectations of disabled people than they should have. People had lower expectations of you in the past?

00:02:40:23 - 00:02:57:10

Speaker 1

Well, I had a lot of people look past me all the time, they were like, she can't talk, she can't walk, she can't do this, can't do that. But actually, I'm proving everybody wrong. Like, you know what I like to

say, that I have Down syndrome, but it's the least interesting thing about me, it's a part of who I am, but it's not all of me

00:02:57:12 - 00:02:58:13

Speaker 2

It's also about our differences, not just today, but every day

00:03:01:17 - 00:03:11:02

Speaker 2

Madison, I have had a lot of fun with you in this little bit of the show. Will you come back and talk to me for longer next time? Of course, on with the show.

00:03:11:04 - 00:03:15:07

Unknown

[Show intro] I am proud of who I am.

00:03:15:09 - 00:03:23:11

Speaker 1

When I was younger, I was told I could be anything. There's nothing wrong... it's such a joy to be deaf.

00:03:23:13 - 00:03:28:04

Unknown

Live at the Apollo, how's things?

00:03:28:06 - 00:03:38:05

Speaker 1

I'm on the autism spectrum, so I don't really care about social codes. They're bringing into the question, should your child exist when he's just on the swings next to you?

00:03:38:07 - 00:03:42:00

Speaker 4

Wouldn't it be great if everybody had someone to speak to, if where you could offload all.

00:03:42:00 - 00:03:45:21

Speaker 5

Of your week's grief?

## Section 2 UNCRDP

00:03:45:23 - 00:04:16:12

Speaker 2

Hello and welcome to Access All. We are the BBC's weekly Disability and Mental Health podcast. I'm Emma Tracey coming up from London. And this week the British government has been giving evidence to a United Nations committee hearing in Geneva about the way disabled people are treated in Britain. And also we have Don Biswas, an autistic dyspraxia comedian whose parents are of Indian origin, and that makes his act pretty unique.

00:04:16:14 - 00:04:31:18

Speaker 2

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00:04:31:20 - 00:04:50:13

Speaker 2

This week the British government appeared in front of the United Nations Disability Committee. Now that is the same committee which previously ruled that the UK was in breach of the United Nations convention on how disabled people should be treated. Here's a taste of what went on.

00:04:50:15 - 00:05:34:18

Speaker 1

The convention incorporates cross-cutting obligations, including article 8, which requires states to combat stereotypes, prejudices and harmful practices relating to disabled people. Yet we find a pervasive framework and rhetoric that devalues disabled people and undermines their human dignity. Reforms within social welfare benefits are premised on a notion that disabled people are undeserving and skiving off and defrauding the system. This has resulted in hate, hate speech and hostility towards disabled people.

00:05:34:20 - 00:05:56:04

Speaker 2

That's UN Special rapporteur Rosemary Keyes. She's an independent adviser to the UN committee. Next, we're going to hear from the other special rapporteur, Laverne Jacobs, and she's talking about the consequences of benefits sanctions. And just a note that this clip does contain themes that you might find distressing.

00:05:56:06 - 00:06:28:09

Speaker 6

In addition to the many individual reports that we have received. A research study published by a group of UK academics in 2015 found that the Government's program to reassess capacity benefits through work capability assessment was linked to approximately 600 suicides in three years. We have also heard reports from individuals who received little inappropriate and or abusive treatment in response to their mental health crises, crises that are often caused by the benefit assessment process.

00:06:28:11 - 00:06:56:14

Speaker 2

This session in Geneva relates to an assessment that took place way back in 2016, and it was carried out by the United Nations Committee for the Rights of Persons with Disabilities. The committee said that the UK had committed grave and systematic violations of disabled people's human rights. On Monday, British civil servants gave evidence on the progress the UK government has made to fix the problem.

00:06:56:16 - 00:07:02:12

Speaker 2

Rachel Charlton-Dailey, a disability journalist, was at the hearing and she's with me now. Hi Rachel, how are you doing?

00:07:02:15 - 00:07:07:05

Speaker 1

Hello, I'm good. I'm very tired, just back from Geneva, but I'm

00:07:07:07 - 00:07:23:17

Speaker 2

Good to sounds like it was a very, very busy couple of days. Let's just go back to basics here, Rachel. The treaty is the United Nations Convention on the Rights of Persons with Disabilities. That's its official name. And that's quite a mouthful. What actually is it?

00:07:23:19 - 00:07:38:16

Speaker 1

So the Convention on the Rights of People with Disabilities is a set of agreements that was set up by the UN. Basically, it's rules that governments should follow them to ensure that disabled people can live fulfilled lives. However, these are not legally binding rules.

00:07:38:16 - 00:07:51:07

Speaker 2

And I said earlier that the committee found that the UK government had committed grave and systematic violations of disabled people's human rights. What violations were they?

00:07:51:09 - 00:08:19:15

Speaker 1

So in 2016, the UK government was the only member to have been found to have violated the convention. In particular, it was measures that had taken place because of austerity and that adversely affected disabled people. The conventions breached were 19 the right to live independently and be included in the community. 27 The right to work and employment. And 28 the right to adequate living standards and protection.

00:08:19:17 - 00:08:32:19

Speaker 1

Among that were things to do with social care. Housing benefit. The fact that the eligibility criteria for personal independence payment was very stringent and the scrapping of the Independent Living Fund.

00:08:32:22 - 00:08:34:24

Speaker 2

What was the hearing like, Rachel?

00:08:35:00 - 00:09:01:14

Speaker 1

It was honestly amazing. It was such an incredible thing to be part of. It was a really long day. It was infuriating, of course it was infuriating. But it felt so important because there were so many disabled people's organizations in the room, and it meant the message of solidarity was shared so much. Amongst those were also on social media by how many of us were there and making such a big deal of it.

00:09:01:16 - 00:09:18:15

Speaker 2

As you've already mentioned, a number of DPOs disabled people's organizations were in Geneva this week. One of those DPOs is Inclusion London, who campaigned for equality for deaf and disabled people. Rensa Gaunt is from Inclusion London and she's on the line, hi

00:09:18:15 - 00:09:19:19

Speaker 1

Rensa. - Hi

00:09:19:21 - 00:09:25:03

Speaker 2

Inclusion London has been involved since the very beginning. 2016, right?

00:09:25:05 - 00:09:52:16

Speaker 1

Yes, absolutely. The process was started in 2015 because under the convention, if the UN Disability Committee get evidence that a party has broken the convention, they can investigate. That's what happened in 2015. They came over to the UK, they interviewed about 200 people. They had about 3000 pages of evidence to go through. That's how they found out that the UK was in breach.

00:09:52:18 - 00:10:02:03

Speaker 2

Am I right in saying that actually it was disabled people and disabled people's organizations who asked the UN to come and assess the UK government?

00:10:02:05 - 00:10:23:09

Speaker 1



That's absolutely right. So activists from disabled people against cuts had gathered so much evidence about the human cost of austerity and the benefit sanction regime. They brought that to the UN and that's what triggered the inquiry. We were the first country in the world to be investigated for breaches of this.

00:10:23:13 - 00:10:26:18

Speaker 2

And have any countries been investigated since? You know.

00:10:26:20 - 00:10:32:04

Speaker 1

I think there have been a few subsequent investigations, but as I say, we were a world leader. We were the first.

00:10:32:10 - 00:10:39:20

Speaker 2

So what role does a DPO like Inclusion London play in these processes?

00:10:39:22 - 00:11:06:03

Speaker 1

It's an important distinction between disabled people's organizations and disability charities. Often in big disability charities, the people making the big decisions aren't deaf and disabled people, whereas in our organization, it's us. It's run by and for us. And that means that our priorities are really what's counted. Lots of DPOs, so, deaf and disabled people's organizations came with us this year and contributed evidence.

00:11:06:07 - 00:11:33:06

Speaker 1

That means we're hearing directly from deaf and disabled people. We're hearing that true testimonies and we're relaying that to the UN rapporteurs. We were really heartened to hear that the UN rapporteurs quoted that disabled people face intolerable conditions and even death while trying to comply with the benefits regime and that there are significant and shameful gaps between the convention requirements and our lived experiences.

00:11:33:12 - 00:11:45:06

Speaker 1

So that was really heartening for us to think that, okay, the government isn't listening to what we're saying. They're not listening to the UN either. But the world is going to hear what the rapporteurs are saying and that that is very powerful for us.

00:11:45:09 - 00:11:49:09

Speaker 2

What happens now? Will it be a report? Sanctions?

00:11:49:11 - 00:12:11:22

Speaker 1

So there will be a report and we're hoping that there will be strong recommendations from the UN rapporteurs to say the changes that the UK government has to make for the inquiry. In 2017 there were some recommendations for the UK Government, there were 11 recommendations and the UK Government disregarded all of them. So we are ready for that to happen again.

00:12:11:24 - 00:12:15:21

Speaker 2

Are there any sanctions that the UK could face?

00:12:16:01 - 00:12:17:12

Speaker 1

To my knowledge, no.

00:12:17:14 - 00:12:21:10

Speaker 2

So is this just all bureaucracy then? a sort of a talking shop?

00:12:21:12 - 00:12:43:08

Speaker 1

Well, the UN can make recommendations and you would think the UN is one of the highest bodies in the world. You would think that the government would listen to that or at least would be embarrassed to have been found in breach of the conventions that it signed up to on purpose. You would think that would be enough motivation, but it seems like it isn't.

00:12:43:13 - 00:12:56:10

Speaker 2

Thank you very much, Rachel Charlon-Daily disability journalist and Rensa Gaunt from Inclusion London. I also caught up with the Shadow Disability Minister, Vicky Foxcroft, to get her reaction to the hearing.

00:12:56:15 - 00:13:20:23

Speaker 1

Obviously, I'd like to see the government listen to it and to take it seriously and to stop, you know, kind of with the rhetoric that everything's fine when, you know, we know it's not. But also I think the evidence session has absolutely highlighted it that, you know, there is need for lots and lots of change and that there have been truly systemic failures under this government.

00:13:20:24 - 00:13:29:07

Speaker 2

We asked the disability Minister, Mims Davies to speak to us, but she wasn't available. But the DWP Department for Work and Pensions said.

00:13:29:10 - 00:14:01:22

Speaker 5

This Government is committed to the UN Convention on the Rights of Persons with Disabilities and looks forward to outlining the UK's progress in advancing the rights for disabled people in this country. Our National Disability Strategy and Disability Action Plan are delivering tangible progress. This includes ensuring disabled customers can use the services they are entitled to. Disabled people's needs are better reflected in planning for emergencies and the UNCRPD is better understood across government.

00:14:01:24 - 00:14:14:06

Speaker 5

We are making this country the most accessible and importantly equal place to live in the world.

## Section 3 Don Biswas

00:14:14:08 - 00:14:42:09

Speaker 2

We love to hear from you, so please do contact us on our WhatsApp number 03301239480. You can send us a voice message or a text message there, but please write the word access before your message because it does help us to find it. Also, you can email us access all at [bbc.co.uk](mailto:accessall@bbc.co.uk) and we're access all on X formerly known as Twitter, and we're on Instagram as well.

00:14:42:11 - 00:15:12:19

Speaker 2

Now it's our hundredth episode coming up, and we'd love to get your thoughts on something. We'd love to hear the best advice that another disabled person has given you. And someone has been in touch, And they have sent us a WhatsApp message to tell us that they were told that mobility aids are not shameful. They said that they know people who have a lot of stigma against mobility aids but this bit of advice has helped them a lot.

00:15:12:21 - 00:15:33:00

Speaker 2

And their particular mobility aid is a collapsible stool called socks. I love that. I can't get enough of these. Please keep sending them in. It'll be absolutely brilliant to get a whole load of them to read out or to hear your voices. On our hundredth episode.

00:15:33:02 - 00:15:51:04

Speaker 2

My guest this week has been on the comedy circuit for over 15 years and he's part of Abnormally Funny disability comedy troupe, which I have seen lots of times. He's described in reviews as an old fashioned gag merchant, which I think just means that he tells a lot of jokes in his act.

00:15:51:06 - 00:16:06:19

Speaker 4

Ultimately, my comedy's about celebrating diversity. I think we should celebrate whoever we can, whether it's black History Month, Dyspraxia Awareness Week, or even National ADHD, Minute.

00:16:06:21 - 00:16:08:20

Speaker 2

Don is on the line. Hi, Don.

00:16:08:22 - 00:16:10:20

Speaker 4

Hi there. Thanks for having us on.

00:16:10:22 - 00:16:20:20

Speaker 2

thank you so much for coming in. Thank you. So let's talk about why you fit a disability and mental health podcast. You're dyspraxic? Yes.

00:16:20:22 - 00:16:22:18

Speaker 4

Yes, 100%.

00:16:22:20 - 00:16:25:23

Speaker 2

You have ADHD and you're autistic as well.

00:16:26:00 - 00:16:27:13

Speaker 4

Yes, I am. Yes.

00:16:27:15 - 00:16:29:23

Speaker 2

How do they inform your comedy?

00:16:30:00 - 00:16:50:11

Speaker 4

It's interesting. The way I got diagnosed is I got sacked from a couple of jobs and it's about the same time I started comedy aged 24 and had a bit of a breakdown. And so it's given me an outsider perspective. I'm looking for it because I've never since then, I've never worked a high pressurized job. So it's given me a get out of jail free card out of the rat race.

00:16:50:13 - 00:16:55:15

Speaker 2

Right. So you said you were sacked from quite a few jobs. Why?

00:16:55:17 - 00:17:01:24

Speaker 4

I was working as acting assistant. I was just too slow. That's just that I couldn't multitask. Being dyspraxic.

00:17:02:04 - 00:17:05:20

Speaker 2

What does being dyspraxia mean? Like, why does that make you too slow?

00:17:05:22 - 00:17:20:08

Speaker 4

If I'm extremely disorganized. I was working in a post room at that time. One of the jobs was doing with the post and it just took me ages just to put stamps onto letters. I can't explain it, but it's just the lack of multi-tasking. I couldn't do several jobs at once.

00:17:20:10 - 00:17:24:20

Speaker 2

Right. Okay. And it's coordination, isn't it? And processing and stuff like that. As well.

00:17:24:22 - 00:17:29:01

Speaker 4

Yes, 100%. All that mixed in is not great for an admin job.

00:17:29:03 - 00:17:43:20

Speaker 2

So you were diagnosed as an adult. So other than work, what was life like for you as kind of a child and a young person who was in a family with Indian parents and not diagnosed but had all these sort of neurodiverse qualities?

00:17:43:22 - 00:18:03:21

Speaker 4

I think neurodiversity is at the forefront now, but I think we need to hear more voices coming from ethnic background. And for me it was a one size fits all parenting policy cover for my middle class Indian family, which is to do everything you could to make sure that your children get quite good jobs, lawyers, doctors and accountants and be neurodiverse it was hidden difficulties.

00:18:04:01 - 00:18:14:19

Speaker 4

So as far as my parents are concerned, there was nothing wrong with me if they couldn't sit. So being dyspraxia, they didn't see someone who was disorganized. They just for someone who gave up too easily and came across as lazy.

00:18:14:21 - 00:18:16:09

Speaker 2

Were they quite hard on you?

00:18:16:11 - 00:18:30:11

Speaker 4

Yes, they were, because they couldn't see it. So they just for someone who didn't really care about studies, who was just careless. I used to lose stuff all the time, so they just thought compared to my sisters, that I didn't really care about schoolwork or anything.

00:18:30:13 - 00:18:36:07

Speaker 2

But you talk in your act about a dyspraxic walk. First of all, what does that look like and how did they not see that?

00:18:36:09 - 00:18:47:16

Speaker 4

Well, I did a joke in my set that you couldn't tell I had dyspraxia when I was younger because I was a child at the mid-nineties and then I they walk, which is exactly like the Oasis walk now than Liam Gallagher. So.

00:18:47:18 - 00:18:51:09

Speaker 2

So tell me about that because I can't see, I know oasis, but I don't know, the Oasis walk.

00:18:51:11 - 00:19:03:16

Speaker 4

It's just walking like a rude boy. Really. Just my legs a bit out, walking like a wide boy. Like when I met one of my mates at university, he thought I was trying to be a gangster the way I walked.

00:19:03:18 - 00:19:08:11

Speaker 2

But you're actually just trying to keep your balance and not fall over yet. And did you get made fun of?

00:19:08:13 - 00:19:18:22

Speaker 4

Yes, I got made fun of like, for my walk and just the fact that I wasn't with they are half the time being on the spectrum and I was quite gullible, so I fell for people's pranks quite easily. So yeah.

00:19:18:24 - 00:19:24:10

Speaker 2

So you said you had a breakdown in your early twenties. What led to that and what happened?

00:19:24:12 - 00:19:42:04

Speaker 4

I got sacked from my admin assistant job and one of the reasons why that was was because I because there was a lot of work for me. And I think I've just graduated from university. How can I not hold down a job that only pay 13 grand, which is a lot back in 2017 I guess. And yeah, and I just it all went to me.

00:19:42:04 - 00:19:53:21

Speaker 4

I said, I can't carry on with this job. I can't complete it to the best of my ability. And after I left that job, that's when the diagnosis came to a head. And my parents took me to therapy



00:19:53:23 - 00:20:04:08

Speaker 2

Okay, so you were overwhelmed. And I guess because there were quite high expectations for you, you went into the mental health system, I guess. Is that how you got diagnosed?

00:20:04:14 - 00:20:11:13

Speaker 4

Yes. First of all, my mum had a bit of money behind her, so I was lucky in that respect. So I went to the Priory.

00:20:11:15 - 00:20:13:03

Speaker 2

Right. So you went to fancy rehab?

00:20:13:06 - 00:20:32:15

Speaker 4

Yes, I did. Though only for day treatments. I went to my local GP as well. Yeah. So in that respect, compared to other people, I was extremely lucky and privileged and looking at my childhood history. So I couldn't make friends. I said I might have a time we no longer use called Asperger's, we use ASD. That's what the doctor said I might have as well as dyspraxia.

00:20:32:20 - 00:20:46:00

Speaker 2

So done. After diagnosis, things started to change for you and you started comedy. How did you go from diagnosis and jobs that were overwhelming you into standup comedy?

00:20:46:02 - 00:21:02:18

Speaker 4

I'm someone with coordination difficulties. The way I say I started comedy, I fell into it accidentally. So that's one of my jokes. But no, I went to an open mic night with my sister and her boss was performing as a bet and I thought I could do that, I'd written a few jokes at university. And I just went on from there.

00:21:02:20 - 00:21:09:07

Speaker 4

But by the time my second or third gig came around, I was unemployed. So I had lots of spare time. So I just kept going.

00:21:09:09 - 00:21:15:22

Speaker 2

Yeah. And does comedy suit you then? Like no other job suited you before? Does comedy suit you as a job?

00:21:15:24 - 00:21:32:05

Speaker 4

It does. It does because actually I make a joke. I lost my job as an admin assistant. Now I've been doing comedy and I tell you what I've been up to. I've been updating my website, applying for gigs, doing my social media. It turns out when I start comedy, I've become an admin assistant again.

00:21:32:07 - 00:21:34:06

Speaker 2

But you can do it on your own time this time. Yeah, I.

00:21:34:06 - 00:21:39:23

Speaker 4

Can do on my own time. And I go wonderful agents to help me book gigs and give me a bit more direction. So that's helped loads

00:21:40:00 - 00:21:41:20

Speaker 2

And what about the onstage bits?

00:21:41:22 - 00:21:58:03

Speaker 4

Well, I didn't get diagnosed with mild Asperger's until I was at 2008. So there's a lot of promoters who thought there might be something wrong with me, my weird stage presence. So it's taken me a long time to get the stage presence right. Look, people in the eye make sure they move about a lot.

00:21:58:04 - 00:22:02:04

Speaker 2

You've pursued it over 15 years. It's obviously something that you love.

00:22:02:06 - 00:22:06:16

Speaker 4

Yeah, I do it for the love of it. I again, I work in art, so you don't make much money from it. But yeah.

00:22:06:21 - 00:22:07:20

Speaker 2

What do you love about it?

00:22:07:20 - 00:22:12:09

Speaker 4

I just kept going. It's just me. It's nice to make a roomful of strangers laugh.

00:22:12:11 - 00:22:17:12

Speaker 2

How do you think comedy has changed over the last 15 years since you started?

00:22:17:14 - 00:22:19:21

Speaker 4

I think two words social media.

00:22:19:23 - 00:22:21:09

Speaker 2

Right? Is it a good thing or a bad thing?

00:22:21:09 - 00:22:39:11

Speaker 4

It can be a good thing and a bad thing. I think social media has made it more accessible for everyone, so before hand, there are more gatekeepers in the sense that you need to go to the Edinburgh Fringe Festival if wants to make it get on TV and radio, which is still important, don't get me wrong. But now social media is where you can find your own audience.

00:22:39:13 - 00:22:44:11

Speaker 2

So have you managed to get yourself on to social media and make work that way?

00:22:44:13 - 00:22:56:23

Speaker 4

Yeah, I'm on social media. I'm still trying to figure out so follow me. I on base is comedy on Instagram. But yeah, I'm still trying to figure out how to get that neurodiverse content out there with the politics and also posting comedy clips.

00:22:57:03 - 00:23:01:05

Speaker 2

And what does your mum and what did your parents think of your comedy career?

00:23:01:07 - 00:23:19:24

Speaker 4

Initially, my mum didn't want me to do stand up, but all she wanted me to get a job like my dad as well. But since having the breakdown and also I have depression as well, so my mum is happy that I'm happy. That's all that matters now. She's seen me go from the worst place in my life and the fact I'm just happy doing comedy that makes me happy.

00:23:20:05 - 00:23:36:09

Speaker 4

And it's like a get out of jail free card. She knows that I struggle to hold down a full time regular job so and that's one of the advantages of having been neurodiverse It's a lot harder for middle class Indian to give, to give up a job as a doctor and to become a stand up, because I was never in that first place.

00:23:36:15 - 00:23:37:11

Speaker 4

It's advantage.

00:23:37:17 - 00:23:39:06

Speaker 2

So you've just sort of skipped the middleman.

00:23:39:07 - 00:23:40:08

Speaker 4

100%. Yes.

00:23:40:08 - 00:23:42:16

Speaker 2

On your mum stopped putting pressure on you and yeah.

00:23:42:18 - 00:23:44:16

Speaker 4

So long as I'm happy, that's all that matters.

00:23:44:16 - 00:23:45:22

Speaker 2

And you live with your mum?

00:23:45:24 - 00:23:54:04

Speaker 4

Yes, I live with my mum. The thing is, my mum is in the seventies, so I have to help look after her. She looks after me as well, obviously with mental health problems. But yeah.

00:23:54:06 - 00:23:58:14

Speaker 2

And what does she happy with. What do you find hard in sort of day to day life.

00:23:58:16 - 00:24:05:24

Speaker 4

Again doing standup comedy. It's work not you don't make much money. So she can help you out financially. If I struggle.

00:24:06:01 - 00:24:09:18

Speaker 2

But what about does she help you with anything day to day? Does she help organize your life and stuff?

00:24:09:23 - 00:24:12:06

Speaker 4

She's just as disorganized as me.

00:24:12:08 - 00:24:14:00

Speaker 2

You think she might be dyspraxic herself?

00:24:14:00 - 00:24:29:19

Speaker 4

100%. Dyspraxia, Definitely ADHD 100%. That's what I believe. And she helps out with the cooking and stuff like that. But yeah, we're both disorganized. So in fact it's my sister's who help us out because they're the more organized ones in the family.

00:24:29:22 - 00:24:38:24

Speaker 2

Don Biswas. This has been an absolute pleasure. I have a question though, before we go. What is the best piece of advice another disabled person ever gave you?

00:24:39:04 - 00:24:50:10

Speaker 4

Well, that's an interesting one. I think the best Tanyalee Davis, and her advice is don't show disability shame. Be proud of your disability and that's great advice. Be proud of who you are.

00:24:50:13 - 00:24:52:08

Speaker 2

So are you proud of your disability?

00:24:52:11 - 00:24:57:00

Speaker 4

Yes, I am. Yeah. It made me who I am today and it's allowed me to have a career in comedy

00:24:57:00 - 00:24:59:05

Speaker 2

Don Biswas. Thank you so much for coming in.

00:24:59:10 - 00:25:07:20

Speaker 4

Thank you very much for having us.

00:25:07:22 - 00:25:37:04

Speaker 2

If you like what you've just heard, you can hear more Don Biswas on BBC Asian Network Comedy, which is available on the iPlayer from next Monday, the 25th of March. That is it for this episode of Access All. Thank you so much for listening and thank you to my guests, Rachel Charlton-Dailey, Rensa Gaunt and Vicky Foxcroft and of course, Don Biswas and the amazing actress with Down's syndrome, Madison Tevlin

00:25:37:04 - 00:26:03:11

Speaker 2

From that wonderful video that we heard at the beginning of the podcast. Please subscribe to us on BBC sounds or wherever you get your podcast. Hit that little button and we will come down onto your computer or your device every single week. And that's it for now. Talk to you next week. Bye.

## Section 4 adverts

00:26:03:13 - 00:26:06:19

Speaker 1

[Advert] If you want to know what's going on in the world, but you can't really be bothered to read the news

00:26:06:23 - 00:26:10:19

Speaker 6

Want to understand what's gone viral and what's trending? Hey, hey, hey.

00:26:10:20 - 00:26:18:15

Speaker 1

Join me, Cassie Graham, and meet Janelle Walmsley on our weekly podcast, Reliable Source. We're both journalists at BBC News.

00:26:18:17 - 00:26:25:05

Speaker 6

And each week we'll be breaking down the stories everyone's obsessed with. What the hell is going on with this Stanley Cup craze?

00:26:25:05 - 00:26:26:11

Speaker 1

How often do you think about the Roman.

00:26:26:11 - 00:26:26:24

Speaker 2

Empire.

00:26:27:04 - 00:26:30:09

Speaker 4

That week? They all come up in my brain more than once.



00:26:30:11 - 00:26:32:22

Speaker 6

Expect interviews with the hottest influencers.

00:26:32:22 - 00:26:55:01

Speaker 1

And content creators. Theresa welcome along, and Max joins us now. Welcome to the Reliable Source Studio. Let's talk more about this with Katie Benza, who's in the studio with us. I handpicked experts to help us make sense of it all when we need them. So the law is there, but we really need these social media companies to act like this seem quite flippant.

00:26:55:01 - 00:27:03:01

Speaker 1

But of course they can be very serious and we will have a giggle too. So please.

00:27:03:01 - 00:27:04:01

Speaker 6

Come and join us.

00:27:04:02 - 00:27:08:20

Speaker 2

Listen on BBC sounds now.