

Fragile X Podcasts

Podcasts are a fantastic way to get informed on the go. We are delighted to be able to signpost you to some fantastic Fragile X-related podcasts.

The Good, The Bad and The Ugly

<https://thegoodthebadandtheugly.co.uk>

Lisa Martin is a single parent of a child with Fragile X Syndrome. Lisa's experiences have led her to initially establish Special World Training, to empower other parents of children with special needs (to learn more, visit: <https://specialworldtraining.com/>).

Now, for her new podcast series 'The Good, The Bad and The Ugly', Lisa has been interviewing parents of special needs children, and professionals, community based support workers and people in the community who are offering services that help.

The aim of the podcasts is to share experiences, support and offer hope to parents and to give them an understanding of how the system works both for them and against them, to help them navigate the system to get the best support for their child.

You can listen to all the episodes of the podcast for free at <https://thegoodthebadandtheugly.co.uk> or by searching 'The Good, The Bad and The Ugly', wherever you get your podcasts. We especially recommend listening to the first episode (link to: <https://thegoodthebadandtheugly.co.uk/welcome-to-the-good-the-bad-the-ugly-podcasts-my-story-single-parent-of-a-child-with-fragile-x-syndrome-adhd-sensory-processing-disorder-autism-with-pda/>) where Lisa introduces the podcast series, but also discusses her experiences raising her son who has Fragile X.

We are delighted that we will be working with Lisa on some more Fragile X-related episodes in the future... watch this space!

Put Your Feet Up

<https://anchor.fm/fragilexdairies>

Amanda created her podcast 'Put Your Feet Up' because she wasn't seeing a Fragile X podcast in the world. She wanted to create a safe space for people who have Fragile X Syndrome, such as herself, to feel like they are not alone.

"I think we live in such a cruel world where people like us are somehow incapable of doing things. And I wanted to help change that."

You can read more about Amanda and her podcast at: <https://www.fragilex.org.uk/post/i-wanted-to-create-a-safe-space-for-people-who-have-fragile-x-to-feel-like-they-re-not-alone>

Do you have any podcasts relating to Fragile X or special needs that you would like to share? If so, please contact us: info@fragilex.org.uk