

me and gina

Charlie: [00:00:00] Welcome to the Not Quite Podcast I'm Charlie Randall. Let's get ready to rewrite the rule book. Welcome to the first episode of the Not Quite Pod. And, today's guest is actually someone that's heavily involved in the Not Quite pod because it's actually my partner, Gina. We thought we'd kick it off of a bit of a bang and talk about mine and Gina's relationship.

Dating sex, all that good stuff. Because you know, everyone loves to find out about that. Um, but yeah. Welcome to welcome to the pod G (Gina)

Gina : Hey, well, yeah, obviously we've got to start it off with a very NQPC topic, which is, sex, disability, and relationships. Um, this is, this is our thing

Charlie: Yes, it certainly is. I mean, we want to be the main couple for this shit don't we

Gina : You wanna talk about it, come to us

Charlie: yeah. Why not give us all your Sex [00:01:00] stories? . So how should we go through this? How we actually met in first?

Gina : Yeah. Should I do it? Cause I can do, I can do the quick fire version. I've got the quick fire version down to a T now. So. I long story short, I met Charlie's friend and interview and we got chatting.

We hit it off? Not hit it off I didn't steal him. (Charlie's Friend)

um, we got along well, and then after the interview, we kind of exchanged, um, Instagrams and he said, actually, I think you'd get along really well with my friend, Charlie. I'd like to introduce you. And I said, that's absolutely fine. We started chatting on Instagram. And it was, it was very like innocent chat at the beginning because you were actually asking about YouTube and very embarrassingly.

Now I feel like I used to do YouTube videos. Um, so I used to talk to you about that on what I did and what got me [00:02:00] into it. Um, kind of sharing advice from both our experiences on YouTube. And then, yeah, I guess we just carried on that conversation outside of, outside of the kind of business chat. Um, and then.

Then it kind of developed, like the conversation developed, we, we kind of went through a stage like quite a few weeks of it would be like quick fire questions and it'd be like, I could ask any question I wanted and if it was offensive, he could say, I'm not going to answer it if it was, um, and you know, vice versa, it wasn't just me asking him like really invasive questions, but it was, yeah.

But that's kind of how we got to know each other quite quickly. Online. And then, yeah, it just started, I think one day I just called you, like, it was just like it just bit the bullet and called you. And then after that we like called each other every day,

Charlie: We did a lot of Snapchat and I feel like as well... Is SnapChat even a thing anymore?

Gina : A lot of people do use Snapchat actually, but I don't anymore. So I [00:03:00] forget about it, but yeah. And then yeah, we met in person and that was kind of the end of that. We just kept then seeing each other as often as we could, which is probably about every two weeks. Because I was always still living in Birmingham at this point.

And then I was looking for a job and some of the jobs I was looking for were based in. London, because they were with, um, they were kind of broadcasting apprenticeships and stuff like that. So I said, well, I'm already applying for things in London. So if it happens, it happens. And then I got a job that was actually in Kent.

It was actually near you. I said, well, so I'm going to look for some jobs nearer, to you as an option. Because I had cousins and friends and things that could support me if I did get a job down here. So yeah, just bit the bullet and went for it. Didn't we? And then that was eight months into our relationship, which when I say it doesn't seem that long, I don't think, but we were 18 at the time.

So moving in eight months of knowing each other well, [00:04:00] Yeah, it was, it seemed fast for a lot of people and it was, I guess it was one of those things. It was going to work with it. Wasn't always say that when people move in together, like at the end of the day, living with someone gives you this going off topic a bit, but gives you a completely different dynamic and it's either going to work or it isn't.

And for us, we're very lucky at work. So I've been living with you and your parents for four years now. Yeah.

Charlie: Yeah. And the funny thing is I remember really clearly getting the phone call to say that Gina had got a job down here. Um, and I remember sitting on the kitchen table and I'm not on the table, but I at the table and, uh, my, my mum was standing behind me and could hear sort of the gist of the conversation I was having with Gina.

And I'd obviously had conversations with mum to say like, if this does happen, is moving in with us an option. And she kind of reluctantly said yes, thinking, I think at the time she was thinking It probably won't amount to anything. And then I got that phone call to get my mum and her just the. Fuck. Um, which [00:05:00] is quite funny, but obviously now we've been living together for coming up to what, four years now.

Yeah. Yeah. We, I think we are very lucky in our situation. I get along well with your whole family and with your mom and it's, you know, luckily it has panned out, even though it was probably one of those provisional yeses of not really expecting it to amount, to anything. And now here we are four years later, but luckily it has been okay.

Or, you know, not had any complaints and I've got not got any complaints. So yeah, I think I remember getting the phone call and I went to tell my dad and it was that realization of, I didn't even know for one, I had to tell my dad because we all knew that that meant me moving. Um, and I am a very. Homely person.

And once I kind of lay my roots, I get a bit, um, attached, but not in a, not in like a, clingy way, but I kind of have a base. So it was a big shift for me, um, in that [00:06:00] sense. But actually, like, I think it's more that I never would've expected myself to be able to do. And now, yeah, four years later here I am.

Gina : So, yeah. I mean, that's kind of the wrap-up of how we met and how our relationship kind of,

Charlie: Um, yeah, pretty much that is pretty much it. Um, and it was all pretty much, you say my end it was a bit like shit like this girl, is going to all of a sudden start living with me. And obviously that was a whole.

Dynamic. I was not used to obviously sharing a room with someone. It was really difficult to find the fucking space. That was another thing.

Even now we've got stuff all over this house in like random little cupboards and that aren't used because, um, obviously. I mean I've only ever lived at my

parents where I only had a room full of stuff to bring, but I'm adding my room full of stuff to Charlie's room full of stuff.

And, and then like, obviously over the years, that was my phone, , apologies for the background noise there. Um, [00:07:00] yeah, over the years I've accumulated even more stuff. So yeah, that's the only, I think that's the pinpoints where we go. "Wouldn't it be nice to have our own place.. All right. We'll get there eventually. What was I going to say?"

There was, there was another like lead on topic from that and oh yeah. I was going to say that dating for us was quite a different dynamic anyway, wasn't it? Because we were long distance for what I nearly said two years. I don't know. Yeah. For 9, 8, 9 months. Yeah. We weren't long distance in like, we didn't see each other for months on end, but we saw each other every couple of weeks.

But because you're long distance, when you see each other, you're kind of stuck together. Yeah. You're, you're kind of like embedding in each other's lives because it's not just going out for a date night. It's not just going out for a date day, even. Yeah. It's you spend at least two or three days with each other.

Gina : You're staying in the same room. I obviously, we didn't get hotels all the time, so [00:08:00] you were completely immersed in my life, at my house and with my parents and I was completely immersed in your life at your house with your parents. So I think from that dynamic, I guess we'd already taken that step quite soon anyway, and then it was just kind of taking it to the next step of that being a little bit more permanent.

Um, and I think one thing that. Going from like an 18 year old going into quite a serious relationship. And I'd never been in a long-term relationship or kind of any proper relationship before then, was that it realizing how much takes, not it takes but, you, you adapt your lives to each other. And that's, that is the main thing I think that obviously can make or break a relationship.

Is your immersing each other in each others lives.

Charlie: And you have to be flexible with that. Like I would like to say that I've never stopped Gina from doing the things you enjoy. And I, I think this is saying, well, my [00:09:00] end did that. It's never been really been inflicted. Obviously you did move away from like you're already into scouting and obviously you moved away from your home scout group, but you did find one down

here.

Gina : Yeah, I think that was the big shift for me. I mean, we're kind of going more into like the details of the move now, opposed to our relationship, but yeah. The big thing for a big change for me was that I obviously had, I mean, Charlie as well, but I had my independence in Birmingham in the fact that I had this group of friends that I saw quite regularly, I would do Scouts and I also did dance.

Um, I also worked with a couple of them, so we, we saw each other a lot and I could obviously you have the freedom to just go, yeah, I'm not doing anything I'll come. Um, and then it's learning to balance that out with your relationship time. Um, But when you're living together, it's almost weirder. Cause it's like people just assume and you probably assume that.

Well, now you're living together. You don't need to be spending every weekend together or going out and doing stuff together. But living together is [00:10:00] very different to, you know, a date night or spending time with each other. It's very different. So that's just, I guess, to be honest. So that's still interesting to some people who have never lived with anyone who or who.

Has never got, kind of had a long-term relationship. So hopefully this, this random tangent is interesting to some people.

Charlie: It's definitely a good point as well. like obviously separating that time. Cause as well, I mean, you see it in all the films about the kids, the parents they've got kids and everything. They really struggled to find them time.

And it's a very similar thing with. When you live together because you are, you're constantly do it. Like you're either doing the washing, working on NQPC or your making food. You're always doing something you're not fixated on not fixated, but your focus isn't on the other individual.

Gina : Yeah. And just, you know, watching TV together or going to bed together isn't

like it. Dating. That isn't you time, that's just kind of your chill out time in the evening and you just so [00:11:00] happened to be spending that together. So I think, yeah, making sure you have time for yourself outside of that and learning to kind of balance your life. So don't feel like you got to spend every minute with your partner, but then also don't, don't like neglect that time either.

Um, I think, I think a good, probably a comparison of that is NQPC anyway, like we balance and NQPC in our relationship. And separate time for NQPC and business stuff. Um, cause yeah, we are quite, we are quite involved in each other's lives in that sense, in that we work together, we live not work, but we work on these projects together and we live together.

Um, so even people might think, oh, well then if you go out together or you go on holidays together, is that not spending too much time, but it's not because it's. It's a diff complete different dynamic. And that feels like, oh, we're dating. That feels like, oh, this is the fun bit. This is. [00:12:00] We're actually appreciating each others time, rather than it just being about business.

Charlie: I think the other bit, it was quite difficult for me to adapt to with the whole moving down thing was obviously, I don't think it was intentional. It was on my part and my parents' part. And maybe Gina's, cause I know I've mentioned to Gina that obviously, um, I'd I'd need support from my family members for doing basic tasks, like putting my shoes on and I think as well, there was a time when almost I was too dependent on Gina because it was something like, it was very, she was always happy to help. So I got more comfortable with Gina helping me as opposed to my parents helping me, I suppose. It's because I don't know,, I suppose for me, it gave me that deeper connection with someone because it showed that I could trust her to do that.

But then I almost got obsessive with that. I guess that was another thing to get used to obviously. Going from no one living to me, constantly relying on my parents to then relying on [00:13:00] Gina. It was kind of took me a while to adapt, to look Gina needs to be able to go do her own shit. Um, and not worry about supporting you 24 7.

Um, and that's probably something that has only sort of come out really in the last sort of two years where it starts to relax a little bit. And that's at that is looking at my own pitfalls, sort of like. It's again, that whole thing about you learn how to live with each other and that. We had to adapt and change.

And it wasn't really something. I mean, we chatted about it briefly, but it was just something that

naturally happend, I think.

Gina : Yeah. And that's what I always mean. When people ask about how do you make like a relationship work or why does your relationship work or why can't I stay with this person or whatever.

It's like, you've got. Actually adapt your lives to each other. And that includes your hobbies, your free time, your like all of that stuff has then you you're then adding another person into that factor. And when you live together, that's where [00:14:00] it made it like changes massively. But even when you start dating someone, it changes.

Um, and people sometimes aren't prepared or get too protective over like their own things. And I think that was a, kind of, uh, huddle that we overcame. Cause also I was very un-independent. I couldn't drive anywhere. I didn't have many friends down here that weren't par- part of your group. Um, so then seeing my friends in Birmingham almost quite like a full weekend and I'd either be with you so they didn't get to see me on their own.

And, and or it would require like a train all the way open and et cetera, et cetera. And then I, it, that would be, I think, where. It would, the problem would arise because you would probably feel a little bit conscious of me going away for a weekend because I wasn't there to support you. Um, and then I would probably feel a little bit conscious because I knew that you were conscious of that, or I knew that [00:15:00] I wasn't there to support you.

Oh, has he got this? Cause I can't tell. Cause I'm not there. Has he managed to do that? Cause I can't tell. Cause I'm not there and it's me overthinking that, but that kind of is part of. I guess that's, that's part of the disability adapting relationships. If, if we want to kind of add it onto a different level and I.

You saying about wanting - becoming a little bit more attached to me, opposed to your parents that's is having independence in, in something that you can't have independence in, not can't, but you know, you don't have independence in, you know, putting, I mean, now you can put your shoes on, but putting shoes and socks on and doing your hair or having a hand with getting dressed or, and things like that.

Y you get to a certain age, you don't want your parents helping you with that. So the fact that someone who wasn't a parent with someone that was, you know, who you loved and who loved you, loved, I hope you still love who you love and who loves you. And, and that. Oh, the [00:16:00] connection. It gives you that independence cause it's someone more casual, whereas, you know, you don't really want your dad pulling up your boxers.

Charlie: Uh no you going to out me like that !Um, no, like I think as well, obviously there is that element of like, of see once you go past a certain point in a relationship which we'll get onto later, like into cause there's that intimacy

level for me personally, it kind of got rid of that worry of, oh no, I need help with this, but it's really embarrassing.

Gina has seen it all before, like realistically, does it really

Gina : matter? Yeah, of course. And like, I think, I mean, as we say, cause we were in each of the, we would be in each of the houses and spending a lot of time with each other because of the long distance. I guess we kind of came over that hurdle quite quickly anyway, without other stuff, making it easier.

Um, just because I was very much like, well, No, this is your life and I want to be part of your life and I want you to [00:17:00] be part of my life. So therefore, you know, show me, explain to me, let me help you. If you need the help. I think it goes both ways as well, because I'd probably was too helpful. Um, I probably jumped to help a little bit more than I necessarily needed to, or, you know, yeah.

Again, I mean, that's not the way to explain it. I jumped to help a little bit more than I necessarily need to, or I know that you can do something on your own. Yes. It might be easier if I help or quicker for me to help, but I don't need to be there if I'm doing something else, I don't need to be there to help you. And that was because I was learning to adapt into your life as well.

I was learning where I fit in your life and not just how you fit in mine. Um, so yeah, I think, I think that's quite an interesting, I guess, we've not necessarily spoken about that in detail before. And the fact of when we say we've got to adapt to each other's lives, like this is a little bit more [00:18:00] in depth with the disability side of that, but also just the.

The actual ins and outs of that. Yeah.

Charlie: And it brings us quite nicely to one of the topics we wanted to bring up of like, particularly you as the, the able-bodied individual in the relationship. What was like some of the like worries and stresses, I guess. Um, Of dating someone with a disability, obviously we've been together quite a long time, but initially what was....,

Gina : yeah, I actually find this question quite hard because I almost find it hard to remember and think back to that, because all I do remember is that I knew that you had a disability from the off because obviously your friend Shay had told me, and it was just kind of one of those things of.

I guess I'll learn. And I guess I'll ask and I'll get told if I'm asking the wrong questions. And I think because I laid that out in the beginning anyway, um, and I said to you, [00:19:00] look, I've, you know, I don't know a lot about disability. So if I'm making an assumption, tell me, or if I'm doing something wrong or saying something wrong, tell me, and even now I get it wrong, you know?

Um, like. Even now I might say it and I go, hold on, Gina wheelchair, Gina disability, Gina.

Charlie: Oftentimes she'll just leave me without any piece of equipment..

Gina : Yeah, no,

literally. I mean the other day we were in your mom and dad's car and I sat there for ages. I didn't get out the car to get his frame out because it just wasn't thinking.

I just sat there, like not even waiting for him to get out the car. I was just thinking, we'll get out the car in a minute and both of us would just get out the car and, and then it, no, Gina, you need to get a go get his frame.. Yeah, I guess, I guess for me it was, I guess I came to it with an open mind anyway, which that's why I find it difficult to give anyone kind of advice because I didn't change my mind.

I didn't, I didn't come into it thinking, oh, this person can't be attractive because he's disabled. I came into it thinking, right. Okay, well, [00:20:00] he's disabled. So I'm going to learn what that means, how that impacts his life, how that would impact me. And, and I was nervous at the beginning. I remember when we got.

I guess as well, because we'd been talking online over the phone, through video chat. It wasn't like I was completely completely, you know, I want to say exposed, but I feel like that's, not the right word expose to your disability and how it impacted you. Um, so when we got to our, um, to the shopping center on our first day, When you got the wheelchair out a car or I helped you get your wheelchair out the car.

And you're explaining it to me. I was a bit like a little bit of a novelty kind of thing. You know, I've not put wheelchair given before. And then he said, and then he said, can, you know, can you push? And I was just a bit like, or I don't know how I feel about that.

She really,

I was just, I don't know why, but something, I guess it's because you're in control of someone else.

I didn't, I had never, never pushed someone else's wheelchair before. So I [00:21:00] was just a bit like. Oh, I'm not sure I'm comfortable with that. And you said absolutely fine. And then you started wheeling up a hill as well into this, into this shopping center. And then it just went something clicked. I think I just went, oh, well I'll just push him.

Like, and then literally I that's the only thing I remember being like an obstacle and then, you know, I think I would, what. I think I would watch you get dressed. So you'd say, can you help me get dressed? And I was like, okay. W what, what do I need to do I already know about helping you with shoes and stuff? Um, so it was just a case of like, whenever we came across it, I would just ask.

And I was just open-minded to the fact that this was just a part of you. And I knew that anyway, and I knew that that meant I was going to have to do some learning. Um, but I don't feel like. I had this vision of like, oh, this is what disabled people are. And now I'm changed. I think obviously I had the kind of media and the [00:22:00] medical stereotype, um, of it's an old person or it's someone who with severe disabilities who doesn't, who needs a lot of help.

Doesn't go out anywhere. You know, when actually, like there's a whole spectrum of disabled people and there's a whole spectrum of how that affects them and how they live their life and how they choose to live their life and how they can live that life. Um, and I guess like, but that didn't sit in the back of my mind.

It was just like, oh, this person's disabled, this boy is disabled. So I'm just going to get to know him as he is. And his disability is part of that.

Charlie: So, yeah. Was there any like, uh, What's the word fear from like friends, family, any worries like that? Cause I remember with the whole moving thing, cause my mom is aware that I had a couple of, uh, iffy - lets say - relationships and.

Mom was very much like, um, is she aware of the disability. She comfortable with it and was very protective [00:23:00] over that. Was there any on your side?

Gina : So I do remember telling my friends about you and they were a bit like he's disabled and kind of shocked that I could be speaking to someone in a, in an affectionate, like dating, getting to know it like that "ooh you're getting to know someone" kind of way, um, with that had a disability, but they all kind of, I think everyone did the same as potentially me because they weren't talking to you or.

Um, necessarily, I guess, involved in your disability, they didn't, they didn't, the barrier didn't shut down as quickly, but they were just a bit like right,. Okay. And the more I talked to you about it and explained it, they were kind of like, well, fair enough. If he has a disability, he as a disability. Um, my mom and dad would just kind of like, oh, right, okay.

And again, I don't [00:24:00] think they've really been exposed to people. Exposed to people they've not been, they've not been around people who have had disabilities, so, or physical disabilities. So they were just, I think that's clearly what I've got it from. Like they were just like, all right. Okay. And again, let you explain, let me **explain**.

Let them learn by seeing you and watching you and... Watching you. It sounds creepy, but seeing you and spending time with you about how your disability affects you and what that means. My brothers, I think we're the same. One of them was perhaps a little bit more like apprehensive in just the fact of all right.

What does, what does that mean? If he's disabled? Cause I've not again. I've not been around anyone. Day-to-day who has a disability. Um, But as soon as they get got to know you, it was absolutely fine. And, and yeah, I, I can't remember anyone really having, I think it was just that, that thing with every single person was just [00:25:00] "Oh right, he's got a disability"

"Okay. Let me realize what that means for you. What that means for him by just meeting him, talking to him and getting to know him", um, rather than it being like, you know, Oh God.. What are you going to do or anything like that?

I think that's what people expect the response to be, but, you know, I was, I'm not going to say I was lucky cause that's how the response should be from everyone. Yeah. Yeah, that that was how it was and everyone loves him.. Yeah. My family are obsessed with you. So

Charlie: stroke, my ego, I think as well, like a lot more of the fears probably came from more the long distance thing of like, oh shit, he's in London, you're in Birmingham.

And how is that whole gonna work? How's that whole thing gonna work he's at heart break going to be involved. Yeah, I think that was more of the fear really. , Um, on my side of things, uh,

Gina : Sorry, I should ask the question back to [00:26:00] you. So Charlie,

Charlie: no, I

my side of things that like, obviously there was, uh, some fears from me personally, obviously naturally at that time I wasn't, as much as I probably portrayed it very well, A level drama.

Um, I wasn't, as

Gina : No that he doesn't like mentioning it.

Charlie: Um, I was probably, um, I'm not as confident as I am now. Um, so like for me, it was a bit like weird that this person found me attractive and the whole disability, wasn't an issue because in previous relationships it had been an issue which obviously would have knocked my confidence, but that's more from my point of view.

Um, and obviously as well, knowing the support that I would need with putting my shoes on, getting changed, things like that. I was quite. embarrassed about those elements, um, that's got better as I've got older, because I've accepted them a lot more. And I think every most disabled people go through that experience. Um, in [00:27:00] regards to what my parents thought, as I said earlier, I think it was mostly just, uh, is she aware of the disability is she comfortable with the disability.

And that was really mainly the main issue. Um, and then I think that they kind of saw you in action, because remember when we first started dating, you were like the first one to jump up and be like, I'll help him! .

Gina : Yeah. It was almost like a thing to prove that, you know, it wasn't some flimsy girl who didn't get it or.

Uh, you know, wanting to be with Charlie, but didn't want to accept the disability. So every time we were out with your parents or whatever, it was like, your Dad would be like, do you want me to push? I be like, no, and now I'm like, yes, please. If you, if you're offering mate.

But, um, yeah. So I think for me, that was the, the main thing really.

Charlie: Um, from your experience, what are some of the misconceptions we get as a, I'm going to use the buzzword here an interabled couple. Um, yeah. W w what was your, like the [00:28:00] common misconceptions that you particularly from your side of things what's, um,

Gina : What that we have experience, or what I was thinking before?

Charlie: Yeah that you've, that like you've experienced and that you know of the people are worried about because of us being an interabled couple?

Gina : I think everyone, everyone sees it as one sided. Everyone sees it as the non-disabled person doing a lot of the legwork almost. Um, not necessarily like in occasion being the hero of the story, being the person who's, you know, sacrificing themselves to look after this person. And that's the way people think of it.

People just look at a relationship and go, well, obviously, obviously in our instance, she does a lot more for him. Um, and obviously that's just completely inaccurate. So [00:29:00] yeah, I think that's just like the main, the main, really obvious one. Um, and that's really completely inaccurate as I've always said. It's a very, a relationship is a 2 1, 2, 1 street? Two way street .

No matter what your relationship is or what your ability is. It's a two way street and that still goes in, um, a relationship with like an interabled relationship because. Yeah, he might need more physical care with certain aspects or physical help with things. But that doesn't mean that right. Okay. Well, I've done it.

It's not in debt. I'm not a debt collector now I've put your clothes on twice. So you owe me so you can take mine off twice. No. Um, um, you know, because that's. That's just kind of, part of you, that's just part of our, not our relationship. That's part of your lives. It be like, I can't, I can't think of a comparison of it, but [00:30:00] it would be.

It's really hard to explain. I , the way I think about it in my head, I, I find it hard to put into words, but it's just like, it's part of you, it's part of your day to day life. So it's part of me and it's part of my day to day life, it doesn't mean it's

Charlie: It's not a bartering service of like, okay, how many shoe put-ons can I get for this

one?

Gina : Yeah. And it's, and it's just like cool. At the end of the day, we're two people. So if you take away all of the disability stuff, all of the additional. We're two people and that relationship is completely equal. And that is a two way street. And the disability stuff is just part of Charlie and his life and his day to day experience and therefore part of my life and my day to day experience.

And that doesn't mean that it's more on me than it is on him. It's because as a relationship , as two people we're equal. I think that's the only way I can explain it I feel like that took me a really long time to explain. But, um, yeah, I [00:31:00] think that is obviously the main one. And it's talked about a few times in, in media and, and online and wherever else.

Um, people just need to get that out of their heads. I think obviously the other one would be that there couldn't be any attraction there. Attraction full stop. And then also, obviously on top of that, that the sexual attraction and it was just like, well, he's just like, no, um, as I've just said to people, you can be attracted to someone and you can find them attractive.

The disability doesn't make him more or less attractive. Yeah, it's such a weird thing.

Charlie: I've got disability fetish, I'm like seriously guys!

Gina : Um, yeah, no, it's just, yeah. I mean, I feel like the people who think that are the people who would rather have someone who has gotten. The [00:32:00] most perfect body and appearance in their eyes, even if they're the most boring, p- person underneath and completely ill matched to them because they only care about appearances.

And so it's not about appearances. You've got to be attracted to the person, not just the way they look and I am totally and utterly attracted to Charlie. And the way he looks, his disability doesn't make that less attractive because. Well, it's just part of him and I'm attracted to him. Believe it or not

five years on I still hope so!

Yeah. And

then obviously on top of that comes that sexual attraction. You know, if you're attracted to someone, yeah. Obviously you can be attracted someone and not

have sexual attraction, but if you're attracted to someone, usually there's some sexual or intimacy, attraction, physical, physical attraction, combined with that.

And just because Charlie is disabled, doesn't mean that, that goes [00:33:00] away. You know, if I'm attracted to you, doesn't matter what your disability is. I'm attracted to you and therefore leading on from that comes the sexual and the physical attraction. Um, and then leading on from that comes the intimacy and obviously intimacy for everyone is different and intimacy for disabled people particularly can come in all shapes and sizes, but for us that comes in sex comes, it comes in.

Uh, good old bonking!

Charlie: Out of all the words she could use she uses bonking why not? . Um, yeah. Well, I suppose that's another buzzword, isn't it? Disability and sex. Cause there's two things that

don't go together.

Gina : Yeah. That's kind of what was alluding to in the fact of people think that disabled people can't be attractive and therefore don't have sex or can be attractive, but can't have sex.

And, and then like, how can you, how can you be attracted to someone when they can't have sex? [00:34:00] Cause it's like, well, intimacy, as I say, comes in all shapes and sizes and it's not just about sex. Um,

Charlie: I think it always worth mentioning. It's not going in depth. It's not always about traditional shagging. It's not this thing of like, this is the only way.

Um,

Gina : exactly. That's what I mean, like. I always use because obviously we all love it. It was a great example. Um, Sex Education's representation with George Robinson, really hope I've got his name right. I'm sure. Pretty sure I did. Um, that representation was, I know, not for Charlie and I, but I know I've seen other people say that that was really accurate and not only that, but it just showed that intimacy.

Doesn't have to just be, look there's intimacy. And that doesn't only involve sex. That doesn't, that doesn't have to be just sex. Like also sex can be non intimate. So [00:35:00] intimacy is just all about sharing. The kind of, I was going to say

intimate moments, but that doesn't help explain any further, but intimacy is about sharing these level of, yeah.

Yeah. It's a really deep, personal affectionate level of connection and that doesn't just have to be. With, you know, good old fashioned sex

Charlie: mix it up , you know, guys just mix up. And I think that's the other thing as well. Don't be scared of doing that. Like, don't be scared of figuring out what works for you, because that's oftentimes when we've spoken about this online, it's that whole thing of like, just do what works for you and all.

Just have a laugh of it. They take it so seriously. If, if things don't quite work, try again, try a different way.

Gina : The thing I thought the thing is, if you keep forcing your self to do you know, to have sex, basically if you keep forcing yourself to have sex and get to that final, final peak

Charlie: , The final frontier!

Gina : The final frontier, um, [00:36:00] You're not going to be comfortable.

And also that might not be possible for you, or it might not be comfortable for you. Um, so just do like try different things, out, experience things and do what works for you. And if that eventually means that you build up to having sex. Great. And if it doesn't, that's also great because you're still having that intimate, intimate relationship with your partner.

Charlie: I think

the other issue you have as well, is it often time you see in films when things go wrong in the bedroom and things like that it's like an automatic , turn off. And I think that's another fear that people have got of like, oh my God, if I do that, then that's the end of the equation. When I can say from our experience, is we, most of the time.

That didn't work we chuckle and carried on.

Gina : Yeah. I mean, we've had, we've had, we've had moments where we've both burst out laughing and there's been a momentary pause in the proceedings

because [00:37:00] things just don't go to plan do they. I just, things, things happen people fall over....

Charlie: All right. Don't out me on the first episode of the podcast. Um, what was going to say, and also another misconception on that note. The other thing I wanted to note as well is that there isn't like a specific way that disabled people do it.

They all do it different ways because a common misconception I often get is. Do you need specialist equipment? I don't own a sex dungeon. Um, oh, I know

Gina : that's a really weird giggle from me that sorry, but like,

Charlie: yeah. And I think just, I think get this whole, all disabled people are the same aspect out of your mind.

If you're thinking like that, like just go into it really open minded. And I say, if you are the disabled individual or you're in a disability relationship, whether that be you both got disabilities or one of you [00:38:00] have just start, go into it with an open mind. And as I say go through it, lightheartedly, it's meant to be something you enjoy doing, not.

So thing that you are like "Oh, I have to do

this"

Gina : . What was I going to say, oh, if you find the right person, like they're going to want to be intimate with you. So they're going to want to learn how it's been to meet with you and how they can be intimate with how you can be intimate with them and how they can be intimate with you.

So, you know, if you find the right person that that path will be easy anyway, but also I think you've had people ask you, other disabled people ask you, well, how did. Okay. How did, how did you, how do you do it? Because I I'm worried about,

Charlie: yeah. I'm not going to give people flat out instructions.

Gina : Well, w I, we're not going to expose that.

Yes, we do talk about disability, and, sex, but we're not about to tell you the litteral ins and outs of it, but also the, [00:39:00] the, as Charlie said that it's different for everyone, what works for us and how we address. Might not be how someone else might adapt.

Charlie: Another common misconception. I mean, I can only speak from the male perspective.

Um, I don't know, from the female perspective of being the disabled individual. Um, but there's a common misconception as well. Right. The common question I get asked all the time is, does it work? Um, and I don't know where that all comes from. I think it's because. Maybe in media, it's portrayed as like, uh, uh, all disabilities are paralyzing, whereas that is some disabilities.

Yes. But not all. And I think that's another, another myth that needs debunking.

Gina : I just think that, so a lot of people, I mean, I know, I know that it was one of the first questions, not first questions, but it was one of the questions I asked. Yeah, I don't think I asked outright, but I just asked, like, [00:40:00] can you have sex or do you, do you have sex?

Do you, you know? Yeah. Is that something you're interested in?

Charlie: Um, are you providing the opportunity

Gina : , Haha yeah, but, um, I think, I guess, yeah, I guess it comes from that lack of understanding of disability, what it is, how it affects people and the fact that it does affect people so differently. Um, so that might mean.

Their penis not working. Um, but it might mean,

Charlie: whoa, that was a very dark,

Gina : why is it dark? Literally

Charlie: , it was just a monotone way that you said it..

Gina : I'm sorry, but yeah, no, what was I going to it's? Cause I had another point that I was going to Make. But I keep going off on little tangents? The

Charlie: penises?

Gina : Oh no, the penis haha.

The question of, does it work is so, so intimate and I just. Think, asking that outright to someone that you don't know, like in our, in the context, when I asked. Yeah. And I [00:41:00] did say to you, this might be completely inappropriate and I'm sorry if I'm making an assumption here, but we'd already been talking for a while and we'd already gone through a lot of the questions.

Anyway, a lot of the questions, a lot of like, we'd already gone through a lot of like our initial conversations anyway, but just, it's the amount of people that do ask that outright. Like it's never, it's never appropriate. It's because that's someone's and as much as people might just say, look, I don't need to tell you that.

It's easy enough for someone to turn around and say, no, that's none of your business. It's also none of it. There's no reason to ask it unless you're trying to have sex with that person.

Charlie: . I think it's difficult because I, I take it very much. Like I am an open book and I will answer questions most people have, and I think as well, it's that whole thing of like, it depends on the individual.

Like, I am actually comfortable answering that question. If it's someone that I've had. Uh, a couple of encounters [00:42:00] with, if it's some dude from the pub, that's met me five minutes ago, that's when I'm a bit more like, cause the other thing, as well, as I realized particularly recently, that curiosity is just the way humans work is what we do.

So I don't, I don't judge someone for being curious about that because that's how you learn. But it's sometimes in the context in which it's given, it's a bit like, whoa, okay. Let me introduce you to my name first, before you start asking me that.

Gina : Yeah. And I think that's, that's more, what I'm referring to is it's, it is like a trigger, like thing of, of what people say.

And when I say trigger, that's not the right word, but. People do ask that it can be one of the first questions and someone asks about someone with a disability and it's just like, where has that come from? You don't, you don't need to know that that's not the first thing you need to know about me. Um, so yeah, I just think, obviously we address it quite a lot.

When we do talk about disability and relationships, you do say people have asked you, does it work, [00:43:00] or, um, but it's actually, we need to I think...

Charlie: . Just interested.

Gina : Just stop with people.

Charlie: Out of interest This is really like, tip suppose it's TMI, but it's on topic. Have you ever been asked like the whole thing of right.

The only way I can word it Is, is it any good ? That isn't me going you stroke my ego. That's me

going? That's

Gina : Are you asking me personally?

Charlie: Like, does that, is that a question people ask?,

Gina : I think

only from only from like my best friends who would ask me that no matter what guy I was with do you know what I mean? , it's not like someone that I haven't spoken to before or not.

Haven't spoken to before, but someone. , I only just about know has said, oh, well, can you have sex? And well, is it good if it's disabled? Is it bad? No. Like that, the only people that have asked me that, and not in the disability sense but my best friends who would ask me, was it any good anyway. .

Charlie: Yeah. [00:44:00] Um, yeah, no. So I think it's wrapping up that point of like, it is just that whole thing of educating people and the hope is by doing conversations like this, you're always going to people will make them feel more comfortable if they do meet some one with a disability.

Cause then it doesn't shut off the idea. And also, as I say with, if you are in a, in a relationship with someone with a disability, whether you both have or your, uh, one, one of you, hasn't one of you have. Just go into it for really open-mind and just play around, figure out what works, figure out what works for you guys.

And go from there. One question I am going to ask Gina, and uh,

the final round, so one question that I'm going to ask every guest on the not quite pod is... what is one piece of Political Correct-ness that you either really strongly agree with or [00:45:00] disagree with. It doesn't have to be in the disabled disability space.

It could be something completely different, or it can be within that space because I'm trying to open up these conversations to see what people's different views.

Gina : You know what I knew this question was coming and I didn't think of an answer or do you know what my favorite part about this question is? You asking it.

Because I feel like every time you ask it, you forget how you, what the word is.

Charlie: This is the first episode Gina!.

Gina : They'll hear the next few episodes that we've already started editing. The magic of the magic of editing and production. What is one piece of political correctness? Oh God. Um, I think from working in the disabled community.

So for those of you who don't know, I work in disability marketing, and I think one thing I've learned from doing that is there is a "tread [00:46:00] carefully we'll decide what disabled people. want to be called or referred to, or how we should speak to a disabled people", um, from non-disabled people and we've experienced it.

I've experienced it with clients, with people who have a hundred people watching them because they're, they're making big marketing decisions. So they're, they're nervous, but it's like, that's what. The disabled community are there for, there's a, there's a saying in the disabled community, which is "Nothing about us without us".

I mean, I can't say that cause I am not us. Um, but I just think why, if, if you're nervous about how to approach something, ask the person I know disability and I've learnt about disability through Charlie and I've learned through cerebral palsy and I've learned through the way that cerebral palsy affects you [00:47:00] but, what I was going to say.

Obviously I've been exposed to more through work, but I don't, I can't explain how someone who has a chronic illness might want to talk about their chronic illness or how they should be. Approached or talked about. I can only do that from what I see online, or from talking to someone or, you know, someone who's visually impaired and how they like to be referred to as or how they like to be approached or how to speak to them and communicate with them, ask them like, it's not that hard.

And also it's that whole thing of don't. It's not, it's not better to say nothing than to say. It's better to ask. That's all

Charlie: You wouldn't start putting in a boiler, if you've never even thought about before without asking a plumber. So

Gina : Excatly,. And that is the thing, I think people either think well I'm either ..

We're going to say it wrong, or don't say anything at all. There's a third option. And the [00:48:00] third option is to ask, and I've done that myself. I've done that with people that I know and people that I've worked with. Oh, I've gone. Actually. Do you know what? I might be making a mistake in the way I'm speaking about this or the way I'm talking or approaching this or what I'm um, I don't know, say for example, I'm calling this disability.

Can you tell me if I'm wrong or, or, you know, what is the preferred. And then I've learned the preference and I've gone. Right. Okay. That's absolutely fine. If that's how that wants to be approached, then that's absolutely fine. And yeah, you, haven't got to be scared. And as I say, if you are nervous and I think obviously more, so this might be more so for people who are non-disabled or for businesses, because that's what I kind of experienced it in.

I think that, oh, well, it's so scary and someone's going to be pissed off with me, so I'm not going to do it. Or [00:49:00] you ask and you learn, and then if you still make a mistake or someone's pissed - at the end of the day, there's always going to be a bloody Karen out there. There's always going to be someone who's going to have a problem with it.

And as long as you don't fully insult a whole community by calling them twats, um, oh,

Charlie: there are other insults available.

Gina : You know, then. Well, you know, you're not gonna

Charlie: , I think that sums up the podcast really well of like what we're trying to do here, in terms of like, we're just trying to challenge those conversations and make it an open floor for disabled people.

Able-bodied people, businesses, we're going to have some business guests on here. We're going to have able-bodied guests , disabled guests. Like it's just about opening that conversation and showing your not any different to us. And we're not any different to you. So stop being awkward around.

Yeah, it doesn't need to be two separate platforms.

They can be together as well. Yeah. So

if you're here, that's what the podcast is for. I really do hope you enjoyed [00:50:00] this episode. There's going to be episodes coming out every other week. We're hoping. Um, so I really do hope you enjoyed it. Gina, did you enjoy it?

Gina : Yes, I did. And. On that note, if you want to keep up to date with when episodes coming out and how often don't want to miss a trick, go to our Instagram, that's probably the best way play place to keep up with us, which is N Underscore Q underscore P underscore C.

And we're the same on Tik TOK. So that way you can know exactly what episodes coming out and who we're talking to, or

Charlie: Google yours truly. And. Then

Don't Google yours truly Google Charlie Randell. And on that note, good night.

Thank you so much for tuning into this week's episode of the not quite podcast. Please make sure you follow us on Tik TOK and Instagram to get regular updates about the podcast.