

SINTIJA GERUCKA

Radio host, producer, and
journalist

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ABOUT ME

I'm Sintija Gerucka, a radio host and

producer with a BA in Journalism from

London South Bank University.

I have co-hosted and co-produced my own

radio show with Meshanda Cyrus at [Relaks](#)

[Radio](#), which you can find below.

In March of 2019, me and my team

launched a mental health campaign called

Say Health, which you can also see below.



FIND SOME OF MY PROJECTS BELOW!



CO-HOST RELAKS RADIO

"Why read when you can

listen" is the motto! On this

show me and my co-host

Meshanda Cyrus spoke about

what's going on in the world,

our personal lives and much

more! As well as having guests

on multiple episodes including

Patrick Kearns who played his

new song for us.

[LISTEN HERE](#)



CO-CREATOR SAY HEALTH CAMPAIGN

Say Health was a

campaign focused on raising

awareness and providing

information about mental

health to university students in

London.

[Say Health's Blog Page](#)

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