



penistone<sup>95.7</sup>fm  
Community Radio

# What did we want to achieve?

- Engaging young people to interact and connect better with each other
- Helping young people to learn new transferable skills
- Creating a space for young people to have somewhere they can talk openly about things for them at the moment
- And in turn improve their mental health and wellbeing, creating stronger and more resilient communities

# Why was this project necessary?

- Approximately 1 in 4 people in the UK will experience a mental health problem each year.
  - Self-harming in young people is not uncommon (10-13% of 15–16 year olds have self-harmed).
    - In 2013–14 there were 209 hospital admissions as a result of self-harm for Barnsley children and young people aged 10–24 years old; this is significantly higher than the national and regional averages.
  - Data from the Office for National Statistics (ONS) indicate that in 2013 there were 135 deaths of 15–19 year olds from suicide or undetermined injury in which if we apply to the population of Barnsley would equate to an estimate of 1 death from suicide or undetermined injury per year.
  - In a Children and Young People survey recently undertaken by Healthwatch Barnsley 76.1% of the children who responded stated that they had felt stressed over the past 12 months and 54.5% of the children surveyed stated that they often felt stressed

# What was the project?

- Week 1 – Ice breaker

Learning about Penistone FM

Learning about each other

- Week 2 – Audio / Sounds

Learning how to use a TASCAM

Interviewing each other

- Week 3 – Video / Audio

Learning how to use camera equipment.

Interviewing a local community group with camera and sound equipment.

- Week 4 – Myriad

Learning about the radio computer software

- Week 5 – Podcasting masterclass

Learning the fundamentals of podcasting

Featuring guest podcasters to talk about their podcast

- Week 6 – Podcast recording episode 1

- Week 7 – Podcast recording episode 2

# What did we achieve?

- We engaged with 38 young people from around the borough
- Created 10 different podcasts
- Improved overall the confidence of our students attending workshops
- Helped 3 young people have the confidence to be successful in securing part-time and full time employment
- Helped 2 young people feel more confident in going to university

# What is the future / legacy from the project?

- We are continuing to support students from the course with activities at Penistone FM, from interviewing and presenting for the station.
- We are hoping with future funding of the project to expand to take it to next level so that we are able to cater to even more young people and offer groups to small classes Penistone Grammar School.