**Ability Radio Project: Guide for Support Workers**

**The Project:**
A fourteen week course of weekly group sessions with a goal for each participant to have created an episode of 15 minutes duration with intro, interviews, music and outro for distribution via the Community Radio Network and for airplay on Zed Digital.

**Scope:**
The course seeks to include people with physical and intellectual disabilities and/or mental illness in inner city Brisbane and surrounding suburbs. As it is designed to be replicable, the participant groups may be of a wider or more specific focus at any one time. Emphasis is placed on the participants of each group identifying and determining the focus, aims and outcomes of each course program, and we welcome and any who wish to be involved.

**Purpose:**
1. To facilitate social inclusion and training in radio production as self-advocacy for people with disabilities and mental illness in inner city Brisbane.
2. To provide broader learning and skills development for people with disability and mental health issues that may serve as informal experience that can be later applied in the workforce.
3. To support people with disability or mental health issues to tell their stories in their own voices, and to reach group consensus on how to do that. Aspects of this can involve discussions or debate; spreading awareness of social issues and boundaries to inclusion; reporting on news & current affairs; sharing lived experiences and also exploring passion, creativity and joy.
4. To showcase the many talents and abilities of participants.

**Overarching goals:**
- long-term participation in an established disability advocacy radio show team on a community radio station
- creating an evidence-base for radio advocacy as a vocational tool for mental health
- fully document the process for the recreation of the experience via upskilled participants (increasing community capacity)
Equipment: Location to be held downstairs at WWILD-SVP, Flash drives for all participants, production computers (2 laptops), recording devices and/or old smart phones

Program overview:
- Weekly sessions, location to be determined
- 3 hrs with morning tea (as an impetus to attend)
- max 15 participants, 3 support staff +individual support workers/carers
- zed radio trainer as needed
- requirement that everyone has legal decision-making responsibility (or parent/guardian present for those with Adult Guardians), over 18

<table>
<thead>
<tr>
<th>WEEK</th>
<th>Exercise</th>
<th>Homework (not compulsory)</th>
<th>SW Goals</th>
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</table>
| 1    | • Introduction week: getting to know each other  
      • icebreaker exercise  
      • skills audit  
      • gear audit  
      • overview of 12 week program  
      • Brainstorm names, topics  
      • agreeing on the rules  
      • consent forms - explaining public/private risks/benefits  
      • Check out/ comments | Bring in one song for week 3 intro-making workshops (on flash drive if possible)        | Social inclusion, co-production, decision making, rapport building         |
|      |                                               |                                                                                          | Strengths-based practice                                                 |
|      |                                               |                                                                                          | Getting informed consent                                                 |
| 2    | • Check-in, energiser exercise  
      • Guest/video/slidehow about disability radio shows elsewhere  
      • Community Radio COP/rules  
      • Starting out with the fun stuff - Hands on - making a recording |                                               | Social inclusion, building sense of self-capacity                        |
| 3    | • Check-in, energiser exercise  
      • Creating a plan for a show, scripting  
      • Hands on - making a recording  
      • Listening to music choices for intro/outro. |                                               | Upskilling, building capacity, decision making skills                    |
| 4 | • Check-in, energiser exercise.  
   • Recording gear - what have we got, how to use it, using a smartphone.  
   • Check out/ comments. | Upskilling, building capacity, decision making skills |
|---|---|---|
| 5 | • Check-in, energiser exercise.  
   • Making an Intro and outro  
   • Writing the script, recording the voiceover, choosing music  
   • Check out/ comments. | Try out interviewing someone you know to practice using your device  
   • Upskilling, building capacity, building on strengths |
| 6 | • Check-in, energiser exercise.  
   • Interviewing 101: Each person interviews the person next to them about their typical day (10 minutes max).  
   • We talk about what went wrong/right and listen (with permission)  
   • For those that have computers/desire to learn software - download and install Audacity on your computer/laptop | Upskilling, building capacity |
| 7 | • Check-in, energiser exercise.  
   • Editing your interview with computer software (Audacity).  
   • For those who don’t want to: interviewing a friend on a topic of concern to them | Upskilling, building capacity |
| 8 | • Check-in, energiser exercise.  
   • Pick a topic, what do we know about it  
   • find an interviewee | Upskilling, building capacity |
| 9 | • Check-in, energiser exercise.  
   • Deciding what’s important in editing,  
   • time coding | Upskilling, building capacity, decision-making |
| 10 | • Check-in, energiser exercise.  
   • Putting together your segment | For each participant to have created a 15 minute program with intro, 2 interviewees, music, outro |
### Ability Radio project - 4ZZZ, CLA & WWILD-SVP

<table>
<thead>
<tr>
<th></th>
<th>Check-in, energiser exercise.</th>
<th>Putting together your segment</th>
<th>Further work to above goal</th>
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<tbody>
<tr>
<td>11</td>
<td>Check-in, energiser exercise.</td>
<td>Putting together your segment</td>
<td>Further work to above goal</td>
</tr>
<tr>
<td>12</td>
<td>Check-in, energiser exercise.</td>
<td>Listening to each others segments, polishing the final product, Distribution</td>
<td>Accepting and giving feedback</td>
</tr>
<tr>
<td>13</td>
<td>Listening to each others segments</td>
<td>Review of program - comments and criticism.</td>
<td>Assessment of success</td>
</tr>
<tr>
<td>14</td>
<td>Celebration social event and certificate awarding - friends and relatives welcome</td>
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<td>Recognition and reinforcement of success.</td>
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### Resources:
The Change Agency: Games, energisers and ice-breakers (in Drive)

### Background:


Media Access Australia. (undated). *Social Media for People with a Disability.*