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The Cambridge community radio programme run by people who have experienced mental health difficulties

Making Mental Notes, Cambridge's Mental Health Community Radio Programme is looking for new volunteers to join its Core Production Team!

About Making Mental Notes

Making Mental Notes is Cambridge's mental health community radio programme. It broadcasts live for one hour every four weeks on 105FM and addresses issues related to mental health and well-being via news and what's on bulletins, interviews, performances, requests, book/show reviews and discussions. The latest show can also be listened to on the 209Radio website, which means that people can listen to it anywhere, anytime.

About the Core Production Team

The Core Production Team are the producers of Making Mental Notes. All the people in the team have direct experience of mental health issues.

Volunteering for the Core Production Team

209Radio provides the Core Production Team with all the necessary skills training to produce Making Mental Notes. In fact, most of the Team members joined as absolute beginners to radio. The training includes broadcast law, digital sound recording and editing, desk training, interview and research techniques.

We are looking for volunteers who are interested in one or more of the following roles:

- Presenting
- Engineering
- Researching/interviewing
- Script writing

Volunteering as part of the Core Production Team requires time and dedication as a lot of hard work goes on behind the scenes to produce a professional radio programme. This includes attending weekly meetings and completing agreed work/tasks in between. The ability to work as part of a team is also essential.

Although members of the Core Production Team are all volunteers, Making Mental Notes pays for all necessary training and expenses. A Management and Administrative Team also supports the Core Production Team, which consists of representatives from the mental health organisations that have helped to fund the programme.

"Making Mental Notes is for anyone interested in or concerned about mental health difficulties. We work hard to give the listener an insight into many aspects of community mental health by broadcasting news, information, performances and interviews." (Giles Chesterman, Programme Producer)

If you are interested in joining Making Mental Notes' Core Production Team please contact Amanda Price at Lifecraft, The Bath House, Gwydir Street, Cambridge, CB1 2LW.
Tel: (01223) 566957
Email: amanda@lifecraft.org.uk

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