



YEAR 1 IMPACT

100% improved skills

Year 1 Courses completed with:

- **AGE WELL EAST**
- **LADS NEED DADS**
- **WINTERFEST**
- **LEVEL BEST CAFE**

Reduced isolation & improved wellbeing



www.colneradio.net

YEAR 1 IN SUMMARY



- Learner numbers exceeded
- Target number of Trained Trainers exceeded



- Number of courses delivered met
- Number of Community Partners met
- Geographical locations met
- Diversity of Cohorts (based on Community Partner activity) met
- Diversity of individuals backgrounds partly met (not fully known as some data withheld)
- Anticipated structure/length of courses (4-5 weeks duration) partly met

(Taster days followed by 3-4 week courses have been more popular with Partners in Year 1, is a Lesson Learned & under adjustment for years 2 & 3)





Recruitment of Project Managers

Plinth: new database for data capture

Started recruitment of Trainers to train

Purchased Equipment & created Training Kits

Set up Project Team

Developed a logo and a brand

Met with Potential Community Partners

Agreed recording and reporting process with Independent Evaluator



Delivered Taster Days to Test Lesson Plans and start training new Trainers



Q2: Community Partner Report





FINDING YOUR VOICE TRAINING WAS DELIVERED WITH AGE WELL EAST CLIENTS AND STAFF IN OCTOBER 2024. THIS INTRODUCTORY SESSION PROVIDED AN OPPORTUNITY TO WORK WITH THE COMMUNITY PARTNER FOR THE FIRST TIME AND ENGAGE WITH THEIR OIL DEP CLIENTS.

THIS REPORT WILL BE SHARED WITH THE COMMUNITY PARTNER & COMMUNITY LOTTERY FUND.











What Participants said



HOW WILL YOU USE WHAT YOU HAVE LEARNED. IN THE FUTURE?

'I'm going to sit down with my colleagues to discuss how we can incorporate interviews with clients to maybe publish'

'It made me appreciate that I feel I am confident speaking to new people'

'I will use what I have learned in every day conversation'
'SUPPORTING [AGE WELL EAST] CLIENTS TO SHARE
THEIR LIVED EXPERIENCE'

'It will help when I give after dinner speeches!'

'It was really good to meet other people and join in with the event'

'My inclinations are more towards the written word but I could well think about widening my horizons'

Our oldest participant was 1-week away from his 90th birthday!

Target Group: Older People Benefit to the Community

Building confidence in learning new digital skills

Partner:

Benefit to Learners:

Building friendship groups and developing confidence in digital skills

Key Lesson Learned:

Older people are keen to learn new things but often lack the confidence. Just attending the session for some was a major achievement.











Soundbites from Anon

I became disabled this year after a hip operation led to an infection and I am now in a wheelchair. Since then, I have felt very isolated rarely leaving the house. (The Community Partner) has encouraged and supported me to attend and take part in the training today.

Meeting new people and getting out of the house has been the most rewarding.

I have left the house rarely since I became disabled. On one rare occasion it had taken a lot of effort to get myself organized enough to attend an activity, I was suffering with anxiety about leaving the house, so it took me quite a lot of time to convince myself to go, as a result I was running late but when I arrived I was turned away (by the organiser) and told the doors were now closed.

That incident really knocked any confidence I had left, it took a lot of courage to let myself be vulnerable again and attend todays session, I really had to push myself to be here today but I am so pleased I did!

I really enjoyed the day and met some really interesting people. The interviews meant I was able to ask lots of questions about the people in the room and really get to know them in a short space of time.

'Being able to have time to learn something new has taken my mind off everything, it has really improved my confidence, and I'd definitely do it again'.

Year 1 Activity (Q3 & Q4): Community Partner Report

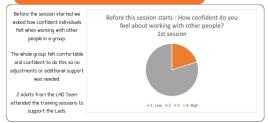




FINDING YOUR VOICE TRAINING WAS DELIVERED WITH COMMUNITY PARTHER LADS NEEDS DADS'
[LND] OVER 3 SESSIONS DURING OCTOBER 8 DECEMBER 2024.

SESSION 1 PROIVIDED AN INTRODUCTORY SESSION COVERING THE USE OF RECORDING EQUIPMENT.
EDITING SOFTWARE 8 INTERVIEWING SKILLS. SESSION 2 INCLUDED PLANNING. RECORDING 8 EDITING
INTERVIEWS. THE FINAL SESSION 3 COVERED PODCASTING AND A FIVE MIN PODCAST WAS PLANNED.
RECORDED AND EDITED.

CONFIDENCE WORKING WITH OTHER PEOPLE





CONFIDENCE AFTER THE TRAINING Rt the end of the first session and the last session the Lads rated their confidence in the topic. Rt the end of session 1 the Lads rated their confidence between 2–3. Rt the end of the last







What Participants said



WILL YOU USE WHAT YOU HAVE LEARNED IN THE FUTURE?

'Yes, for my Music Programme at Sixth Form College'

'Yes - Team work!'

'Definitely!'

'Yes, Editing on TikTok — making audios for it'

'I think these skills will contribute to further learning of audio recording'

Robbie told us 'no not really' after session 1 as he didn't think he would use what he had learned again.
After session 3 though he told us he would use his new 'editing' skills in the future!





THIS REPORT IS SHARED WITH THE COMMUNITY PARTNER & COMMUNITY LOTTERY FUND.

Tarqet Group:

17 year old young men who do not have a father figure in their lives.

Some have experienced bereavement and loss.

Benefit to the Community Partner:

LND now have the skills in—house to develop audio content to promote the great work they do!

Benefit to young people:

New confidence and skills which they can develop as a hobby and/or employability skill to add to their CV's

Key Lesson Learned:

Manage the expectations of the community partner and communicate the structure of the sessions in advance so they understand there are no PowerPoint presentations and the session is 100% bespoke to the group and experiential!

Year 1 Activity (Q4): Community Partner Report





FINDING YOUR VOICE TRAINING WAS DELIVERED WITH COMMUNITY PARTNER
LEVEL BEST CARE TO BELIVER RADIO SKILLS TRAINING TO YOUNG ROULTS WITH PHYSICAL
AND LERRNING DISABILITIES IN MAY 2025. YE PEOPLE FROM THE GROUP FEDBACK.
THE TRAINING SHOWED THE PARTICIPANTS HOW TO USE RECORDING EQUIPMENT AND PRACTICE THEIR
INTERVIEWING SKILLS. THE RECORDINGS FROM THE COURSE WERE EDITED INTO A RADIO FEATURE
WHICH WAS BROADCAST ON THE 15 MAY 2025.

TO LISTEN AGAIN PLEASE VISIT: colneradio.net/listen-again

WHAT DID YOU WANT TO LEARN?

'I wanted to try out podcasting, I am interested in this skill. I would like other people to understand what it's like to live with a learning disability'

'For our trainees to have a new experience and be able to develop new skills'

'To have fun!'



CONFIDENCE BEFORE THE TRAINING

2 members of the group felt quite low in confidence.

1 felt quite confident in the topic before the course started.

One of the participants had done a similar course at school so felt very confident.

At the end of the course the 2

people with low confidence had

The whole group did really well in

producing content for a Radio

One learner in particular was

chosen by the Trainer to be one

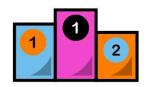
of our 'Stand out Learners' and

an interview with that learner will be broadcast on another

Colne Radio programme later in

Feature.

increased their confidence



CONFIDENCE AFTER THE TRAINING

How do you think you will use what you have learned on the workshop?

'To speak clearer as sometimes I get a bad cough and I have a really deep voice so I need to speak clearly'

'I think I will use those skills, I would like to be able to do a podcast in the future. I have seen this on TikTok and I want to be a part of the podcasting world and talk about any subject we can think of'

'Be able to use the confidence building activities in the future with other trainees. To speak more confidently with customers when I work on front of house in the cafe'

ENJOYMENT FACTOR

100% ENJOYMENT FACTOR



All the participants said they enjoyed the day!

100% enjoyed the experience!

IMPROVING THE COURSE

Was there anything you didn't like or would change about the course?

'No I enjoyed it all. I would just ask for support if I made mistakes, not to correct them for me but help me to correct them myself.'

'No, it was all very good!'

NI - ?

What Participants said

o you feel more confident about interviewing and speaking to other people?



'Yes definitely'
'Yes - I will need to be reminded and supported to do this'

'Yes - definitely!'

'Yes

colne Radio are proud of what the Group at Level Best achieved. Did taking part



'Yes, I am proud of myself'

'Yes, it made me proud and happier'

'Yes, it made me very proud of all of our trainees who attend with us'

'Yes, it made me feel proud'



What did you enjoy the most about it?

'I liked talking about music and food

Learning about interviewing and asking questions, making sure they were not silly questions

'Seeing the trainees try something new and enjoy themselves'

'Being with the trainers from Colne radio, they were all fun'

Would you recommend the course to other people?

'Yes, take my advice and just be yourself and have fun with it! Just do it!'

'Yes, I think it's a good way of interviewing people. If people are interested in the world of podcasts like me, then go for it!'

'Yes, definitely. Seeing the growth in confidence has been incredible!'

'Yes, it was great!'

"I just wanted to say a huge thank you to you and the team for delivering the workshops with our trainees over the last few weeks. It has been really wonderful to see them trying out something new and I have had others who were not involved ask me if they can get involved if it happens again!"

Abi Baty, Trainee & Service Development Manager



Target Group:

Adults with Learning & Physical Disabilities currently learning about catering and related skills by working and volunteering within the Level Best Cafe in Colchester.

Benefit to the Community Partner:

Level Best Cafe was able to offer an enhanced programme of learning to their service users.

Recordings were used to create a radio feature to help promote the core work of the cafe, which we hope will reach more potential service users and their families/carers as a result of broadcasting this on Colne Radio.

To Listen Again to this radio feature visit:

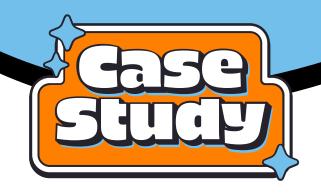
https://colneradio.net/listen—
again/

Benefit to people on the course:

New confidence and skills which they can develop as a hobby and/or employability skill to add to their CV's.

Everyone can learn and develop new skills.

People with disabilities have a wide range of interests and hobbies and the recording sessions gave them a great opportunity to express themselves and capture this.



Soundbites from Anna

I was curious to learn a new skill, to keep up to date with the tech as it has evolved so much since I last recorded any testimony (when I was at university, on a twin tape deck!) I thought the skill would be applicable to my working life but also I am involved in community volunteering and thought it might apply there.

I am often thinking about how I can record voices for a purpose, for example, an ex-service user came to work at the charity, and I thought hers was a great story, so I recorded it. I don't have a clear purpose for it yet, but I think it's really valuable to the charity and the community. I do use quotes from what she said when I'm promoting the charity, and I'm wondering about getting some video footage of what we do and putting her voice over the top. So I am more conscious of the power of the spoken word, even if I don't quite know yet how it will all come together.

I enjoyed meeting new people and learning a new skill. I enjoyed hearing the stories of the people I trained with, and how everyone has a different reason for doing this, and how we are none of us quite sure which direction this new skill will take us, but we are all interested in growing as people and listening to others, and we're happy to see where it goes!

What I'd say to others is...Do it! There are so many different skill levels in a class, and so many different reasons for learning this, but never any pressure, just friendly guidance to help you achieve whatever you'd like to achieve.

Year 1 Activity (Q4): Community Partner Report





FINDING YOUR VOICE TRAINING WAS DELIVERED WITH COMMUNITY PARTNER 'WINTERFEST BRIGHTLINGSEA' OVER 3 SESSIONS IN NOVEMBER 2024.

SESSION 1 PROTVIDED AN INTRODUCTORY SESSION COVERING THE USE OF RECORDING EQUIPPIENT. EDITING SOFTWARE & INTERVIEWING SKILLS. SESSION 2 INCLUDED PLANNING, RECORDING & EDITING INTERVIEWS. THE FINAL SESSION 3 ALLOWED THE GROUP TO CREATE, EDIT AND RECORD CONTENT FOR A RADIO FEATURE WHICH WAS BROADCAST ON COLNE RADIO IN DECEMBER 2024.

CONFIDENCE WORKING WITH OTHER PEOPLE

Before the session started we asked how confident individuals felt when working with other people in a group.

The whole group felt comfortable and confident to do this so no adjustments or additional support was needed.

2 x Volunteers from Winterfest attended to support the Learners and were interviewed about the up and coming Winterfest activities.



CONFIDENCE BEFORE THE TRAINING

2/3 of the group felt quite low in confidence, with 1/3 feeling confident in the topic before the course started.



BEFORE THE COURSE STARTS: How confident do you feel on the topic?



CONFIDENCE AFTER THE TRAINING

At the end of the course everyone felt so confident in the topic they made a Radio Feature which was broadcast on Colne Radio in December 2024

To Listen Again visit: colneradio.net/listen—again or copy and paste the following link into your browser:

https://www.mixcloud.com/Col neRadio/finding-your-voicewinterfest/

SE AFTER THE COURSE FINISHES: How confident do you feel on the topic? Radio adcast wher 2024 CONFIDENCE



■ 1- Low ■ 2 = 3 ■ 4- High

ENJOYMENT FACTOR



All the participants and volunteers said they enjoyed the day!

100% enjoyed the experience!



SATISFACTION

Everyone rated their satisfaction as 4 showing an excellent level of satisfaction.



Everyone was satisfied with the content and pace of the sessions

Target Group:

Residents of the coastal community of Brightlingsea in Tendring where there have been higher numbers of suicide and concerns for mental health and wellbeing of residents.

Benefit to the Community Partner:

Winterfest are able to communicate a programme of events during the Winter of 2025 to get isolated and lonely people out in the community to socialise and participate in activities.

Benefit to residents:

Building friendship groups and strengthening community cohesion. Improving mental health and wellbeing.

Key Lesson Learned:

Multiple Community Groups are able to take part making it more possible to reach all corners of the community.

What Participants said

The whole group felt they had nade improvements throughout the training. Everyone improved confidence and skills. They alf left happier. The group said they enjoyed the social espect and neeting new people. 100% said they were

I enjoyed learning a new skill and it helped my confidence

What I want to get out of the training is... speaking with others and how to record and edit which I could use to record myself reading poems

FEEDBACK

notivated to learn new things.

I will do more interviewing and recording to help with confidence and content

4 - More motivated to learn new things

5 - Enjoyed meeting new people



WILL YOU USE WHAT YOU HAVE LEARNED IN THE FUTURE?

'I hope to become a Colne Radio presenter in the future!'

'Yes, it built up my confidence and I did learn new skills I can use'

'I definitely think what I have learned will stand me in good stead for the future

'Hopefully produce a podcast'









THIS REPORT IS SHARED WITH THE COMMUNITY PARTNER 8 COMMUNITY LOTTERY FUND





BRIGHTLINGSEA WinterFest

FYV Group 1: Radio Skills
Training (Nov 24)

2 people had 1-2-1 Master classes and have become Colne Radio Presenters

Open Day in Brightlingsea to promote the training to the wider community (Feb 25)

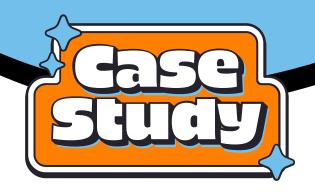
3 people returned for an Advanced Podcasting Course

3 new participants for a Podcasting Course 2 new Trainers recruited for Train the Trainer Programme

FYV Group 2:
Advanced Podcasting
March & April 25

1 new Trainer shadowing experienced Trainer

4 New VCO Podcasts for the Lido, Gamers Group, Spoken Voice (Poetry) Club & Autumn Centre



Soundbites from Anne-Marie

I'm a retired modern languages teacher with good communication skills which I would like to put to good use in this phase of my life. I found out about the course through one of the directors of Colne Radio.

I would like to become part of the training team.

I've learnt new skills about editing interviews and I'm learning to adapt my interview skills to fit radio interviews.

I plan to continue training and attend some courses for beginners so I can help.

I get on well with the people on my course. I hope they feel I have a role to play in the development of this project.

People on my course showed different levels of IT knowledge but, thanks to the trainers, everyone came away feeling they had learnt something new.

What I'd say to others is 'You'll never know unless you try!'

In-kind Support

Est. Value of Voluntary time from the Colne Radio Board £ 43.890

Value of Voluntary Project Management & Admin support given



Est. Value of Voluntary time from Presenters & Trainers



Note: All Volunteer Hours valued at £15 ph except for PM hourly rate valued at £26 ph



New Volunteering Opportunities have been created for Colchester Sixth Form Media Students in Year 2 to gain valuable experience and help grow our social media presence

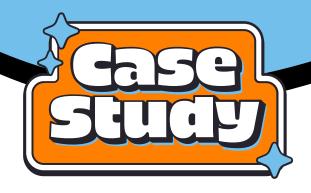
Register as a Volunteer by copying and pasting this link into your browser https://app.plinth.org.uk/schema-form/nECl6Qn53Bne2bkefuQx?

Note: 1 hour given in-kind is valued at £15.00 so this is a reserved estimate

£78,508 was awarded to Colne Radio by the National Lottery Community Fund in Year 1 This has been match funded in-kind by Colne Radio Volunteers to an estimated value of £132,340 making the project excellent value for the funder as well as for those accessing it.

Please capture your voluntary time with Colne Radio 'Finding Your Voice' project here...





Soundbites from Will

After such a long period of uncertainty, this project now means a lot to me, I am so passionate about the work the Colne Radio Team are doing to make a difference to so many people's lives.

I feel like I can share my story, in particular with men who often find it difficult to ask for help or talk about their mental health struggles. We live in a community in North Essex where there are the highest rates of male suicide in Essex, so where our project operates it will make a difference and that makes me feel good and positive about life.

The people I am meeting and the connections I have made through the project will help me develop a network in this sector which is new to me. I am now doing a degree in Counselling and Psychotherapy alongside my role at Colne Radio so making these new connections and meeting a more diverse group of people out in the community will be invaluable.

'The more I speak to external organisations about what we can do and want to achieve the more potential I can see for Legacy Projects from Finding Your Voice. The community partners I have worked with over the first few months of the project are excited and inspired about how it can develop alongside them to help meet their objectives and help promote their good work. I have also been approached by some key community organisations including Essex County Council and Essex University to see how we can tie this project in with County-wide and even international projects, so watch this space, exciting times are ahead for Colne Radio and the legacy of Finding Your Voice!'

Trained Trainers

Finding Your Voice Learners

FYV Community Event/ Open Day (mini tasters)

Taster Day Learners

Mock sessions for Trainee Trainers

Seeds4Growth Learners



Colne Radio Volunteers & Presenters



Lead Trainers (Course Designers)



We have identified that our 9 newly trained Trainers have come from a number of different sources (some unexpected).

We will aim to recruit Trainers from Finding Your Voice Courses in Year 2 and 3 so that our Learners develop the skills to be able to train either as part as FYV or within the organisation they were referred by/ volunteer with.

Our 2 Lead Trainers who designed the FYV training courses have led on developing practical and technical skills of those training to be Trainers by offering 1-2-1 sessions, master classes and shadowing experienced Trainers.

Trainers Survey



SURVEY - Trained Trainers Only

What aspects of training to be a Trainer did you find most beneficial?

Did the training sessions meet your expectations? Please highlight which one below

- Yes
- No
- In part, but I'd like to do more to grow my experience/ skills

Please provide any suggestions for improving the training sessions.

Were the trainers knowledgeable and approachable?

How likely are you to recommend training to be a Trainer on the Finding Your Voice Project to others?

What would you like to do next?

I'm interested in developing the following Practical Broadcast Skills:

- Advanced Editing (multi-track)
- Making short radio features
- ☐ Advanced Music Presentation
- ☐ Identifying stories for broadcast
- Advanced interviewing (location and studio interviews)
- Using your voice for presentation
- Reading the news
- Advanced jingle and promo production
- Writing for the listening ear
- Structuring a news/magazine programme

I'm interested in developing my Training Techniques:

- Teaching techniques for practical skills training
- Course preparation and Design





In February - March 2025 we carried out a survey with our newly trained Trainers to find out what they wanted to do next with regards to professional development.

This kept Trainers engaged in the project and looking forward to year 2. Now all Trainers have an individual learning plan which is being implemented, this is tailored to develop their teaching skills alongside their technical skills.

Additional Trainer Training includes:

- 1-2-1 Sessions with Lead Trainers
- 1-2-1 Sessions with Presenters
- Masterclasses
- Shadowing more experienced Trainers
- Attending community events with other Trainers

Quote from Question: Aspects you have found most beneficial...

'Finding out my own capabilities, which I had not unlocked until now'

OPPORTUNITIES

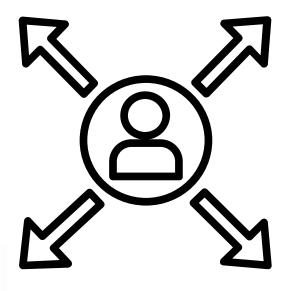
The Legacy is growing so the impact is far reaching



Presentation to the Essex
University Health Hub to
support them in the
rehabilitation of people who
have suffered Brain Injuries,
people with Dementia and
Stroke survivors.
Training Occ Health
Students in recording &
Editing Skills, to aid and
improve individuals recovery.



Recording stories about the Community Voluntary Sector in Essex for Archives.





Improving Digital Skills of residents and working across Council
Departments to implement Training to community groups and projects



BRINGING UNITY TO OUR COMMUNITY

Working with CVST to reach their Affiliated Community Groups to offer Training opportunities to staff, volunteers and service users so that they can promote essential services and activities to residents in the Tendring District



THE SIXTH FORM COLLEGE COLCHESTER

Working with Media
Students to give them real
life industry experience
through Volunteering



SOCIAL IMPACT



300 + ORGANISATIONS REACHED

3 INFRASTRUCTURE ORGANISATIONS

5 Community Partners received courses

2 Councils engaged

10 VCO staff & volunteers received training to help promote local services

1 University Health Hub

VALUE MATCHED BY VOLUNTEERS CONTRIBUTION 50 reported feeling happier Using new skills for local causes

49 feeling more confident to learning something new

Made new friends 71 Learned new skills

Positive Impact on 12
Family members & Carers

4 Standout learners identified

GOING INTO YEAR 2



Colne Radio would like to take this opportunity to thank the players of the National Lottery, and the Community Lottery Fund for providing 3 years worth of core funds alongside the Finding Your Voice Project.

We would also like to thank all the Community Partners for helping to shape the project this year, and for having the foresight to see the potential benefits for their organisations and service users.

Thank you also to Colne Radio Volunteers, Presenters & Listeners, without you we wouldn't exist.

Last but not least, to the Training Team who are a wealth of experience and expertise; the Colne Radio Board for their voluntary time and dedication to making the project a success; the Independent Evaluator for their support; and to the Project Management Team for all their hard work in getting the project set up and running so smoothly.



