



Joint Western Arun Area Committee Community Initiative Fund application



CLC Reference: 446/JWAAC

Local Councillor: Ashvin Patel

Status: Fundraising Stage

Project Cost: £4,979.00

Project Title: Radio Respect dedicated to mental health

About:

Radio Respect is a radio station dedicated to supporting people with poor mental health and reducing the stigma surrounding it. We signpost and give advice as well as interviews and phone ins. Radio Respect was set up in a garden shed by Chris, who suffers with poor mental health. His aim was to provide a radio station that can support people with mental health issues when other services are closed.

Chris had a lot of donations of equipment to set up the station. Since then Radio Respect has grown into a popular local mental health organisation supported by the NHS and local job centre. We are in desperate need to update all of our equipment now as it has become unreliable. We have a small vinyl record shop which funds the running of the station but doesn't provide enough income to update the equipment. Radio Respect has become a huge part of our community, providing volunteer opportunities which reduce isolation, provide work experience and peer support as well as broadcasting and supporting local events and other charitable organisations.

Project Delivery Manager: Radio Respect CIC

About me:

Radio Respect is a radio station based in Bognor Regis dedicated to mental health matters. We also have a vinyl record shop which sells donated vinyl, cassette tapes, CD's, DVD's and audio/visual equipment, the shop helps support the costs of running the

radio station.

Both the station and the shop are run by volunteers, and we all suffer from mental and support each other. It really is a unique place and safe place!

We have various shows that talk about mental health, give advice and promote other community organisations. We also have phone-ins and interviews. We take referrals from The Bedale Centre, Chichester Care Centre and just recently Radio Respect has partnered up with the job centre in Bognor Regis. Their clients can volunteer in our shop and studio and can even have their own show. This reduces isolation and we can give support with their mental health problems. We can also provide work experience and references.

Website: <http://radiorespect.org.uk/>

Why we're pitching for a pledge:

Mental Health is just as important as physical health. Radio Respect CIC is committed to raising awareness and reducing the stigma.

What we'll deliver:

- Continue to provide a service to support people with mental health issues
- Continue to work with mental health organisations
- Continue to support local events

Why it's a great idea:

Radio Respect provides a safe, non-clinical environment where people can come and have support for their mental health problems. There are long waiting lists with the NHS and a lot of services are closed on weekends, evenings and bank holidays. Radio Respect is there for them. We can also broadcast live from local events and advertise them on our radio shows bringing the community together.

Steps to get it done:

- Buying the new equipment
- Taking out old equipment
- Putting new equipment in place
- installing software on new equipment
- Training volunteers to use new equipment