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MEDIA RELEASE

Hindmarsh Shire Youth Council Successful with FRRR ABC Heywire Grant

Hindmarsh Shire Youth Council have been successful in their funding application for the Foundation for Rural and Regional Renewal (FRRR) Heywire Grant for a mental health podcast project.

Hindmarsh Shire Council Mayor, Cr Melanie Albrecht said “As a huge fan of podcasts, it so exciting that the youth of Hindmarsh will be creating their own podcast. This funding will enable young people to have a platform to share the voices of inspirational guests, expert knowledge and talk about the mental health issues that affect them.”

Over the past 12 months, youth consultation has reinforced that young people in Hindmarsh want better access to mental health services, more information about mental health and wellbeing, and to feel safe and supported in talking about their mental health concerns. We are pleased to be able to start working on a youth-led mental health project.

The 2021 Hindmarsh Shire Youth Council came up with the idea of a podcast where they will conduct interviews and have conversations with professionals around mental health, bullying, body image, self-care and a number of other topics that they have identified. The objective of the podcast is to facilitate healthy conversations, answer critical questions young people have around mental health, provide access to expert knowledge and to provide an opportunity for youth participation and empowerment in an exciting and important project.

Already, young people have been working hard in coming up with topics and talking points that are relevant, as well as planning how they will deliver the podcast program. As we move into next year, the youth team will be looking into practical podcast training for those involved, as well as making sure that our Youth Councillors are prepared and supported in talking about mental health.

Hindmarsh Shire Youth Council will also be working with local organisations – including West

Wimmera Health Service, Headspace Horsham, Centre for Multicultural Youth and our local schools - to support young people putting this podcast together.

This is a community project, and we'll be working hard to make sure young people are taking the lead! Hindmarsh Shire Council encourages the community to keep an eye out on Hindmarsh Shire Youth Council social media for how the project is progressing and how they can get involved.

Cr Albrecht said "If you are a young person in Hindmarsh and would like to get involved, please check out the Youth Council's Facebook or Instagram pages for details. We look forward to the launch of the podcast in 2022 and will be encouraging everyone to listen, so that all ages can understand the issues that are effecting youth today."

Hindmarsh Shire Council is extremely appreciative of FRRR for providing this funding, and are excited to support young people in delivering the podcast project.

For more information, please contact Petra Croot, Community Development and Youth Officer on 03 5391 4444, or email info@hindmarsh.vic.gov.au.

Greg Wood
Chief Executive Officer