

Radio Stafford 103

Lord, Sir DJ Mog – Mike Staley

What is the story:

I have been involved with Radio Stafford 103 almost since its inception in January, 2013. At first I wasn't going to become involved with it as a DJ but was gently persuaded by one of our other DJ's to build my confidence in becoming a DJ and now I have my regular spot broadcasting from our radio booth every week on a Thursday from 2pm. I will try and relate to you how over time it has boosted my confidence, how I am now able to do interviews with some of the key players either within the NHS or within Edinburgh Council and how now it has brought out a whole new avenue within Social Media and networking in particular and what I feel with the help, Radio Stafford 103 can be for the future.

The first real confidence booster for Radio Stafford 103 was when we applied to the Council's Innovation Fund for funding to develop our radio further. Just to have the experience of going in front of a panel of Council officials to state our case in a dragons den style presentation. It was one of the most nerve wracking experiences and knowing that we were up against other organisations who were also trying to obtain funding for their organisations and our team worked as a team to present our case to the Council and then to know that we had obtained the funding, we knew we had the support and were able to progress our station with new mobile equipment and a worker to take forward the work that we are achieving over the airwaves. Because we now have the equipment meant that we could now start a program of events such as going to Self Directed Support events and events held by the NHS such as 'Sense of Belonging' so that we could go and interview the main players in the field of mental health. With the help of Gavin an ex BBC Journalist who had worked on such programs as Reporting Scotland, he volunteered his time to train us DJ's on how to conduct and edit an actual interview, as a result of that training I have been able to interview major people from the Council including the Deputy Lord Provost, Deidre Brock, John Armstrong, Colin Beck, Linda Irvine, Dick Fitzpatrick, Graeme Mullen, and a host of others from various organisations involved in the field of mental health.

Another aspect of our radio was we were able to get more out and about and take our mobile radio station lock stock and barrel down to Waverly Station to take part in Suicide Prevention Week, the idea was to broadcast our radio from the concourse as part of The Stafford Centre's promotion day along with two other organisations – The Railway Mission and the Samaritans. Unfortunately on the day as we arrived to set up at Waverly we found they did not have the Wifi necessary for us to broadcast so all the DJ's who volunteered that day, DJ L Emma, myself and DJ Ron came back to our radio booth in the Centre and did our shows from the booth and they were able to play our shows through speakers on the table,

and then I went down after my show to interview the key players again on the day, so the whole day was a huge success and without the equipment we wouldn't have been able to promote what we wanted to promote that was the work of the Centre and try and talk to people on an individual basis that suicide is not the way forward. We made many contacts on that day.

On a personal level I thoroughly enjoy the work I do as a DJ on Radio Stafford 103, from promoting the work that The Stafford Centre does it has brought a new legion of fans into my world of Social Media and as a result I have my own DJ Facebook Page and I promote every day the work of the Centre and also the Radio Show, also future events that the Centre has and has taken me forward personally to apply as a Peer Support Volunteer within the Centre and have undertaken the WRAP training, 'Wellness Recovery Action Plan'.

I personally believe Radio Stafford has a future and if we continue to promote the work that we do here in the Centre then I believe we can save people's lives and help them to get on a road to recovery from where possibly there was none. As I have said from the inception of Radio Stafford 103 if I can save just one person's life or get them to see that life is just a little bit more worthwhile living then I have done my job as a DJ and a Peer Support Volunteer.

Mike Staley, Lord, Sir DJ Mog