POhWER captures voices of vulnerable and marginalised people in their new podcast “Voices Heard, Lives Empowered”

Tuesday 23 June, 2020

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POhWER, the Independent National Advocacy Charity, will be launching a new podcast “Voices Heard, Lives Empowered” on 3rd July 2020. As part of the launch a Hidden Voices: Covid-19 mini-series hears from people and organisations whose contribution may be going unnoticed at this time.

Founded in Stevenage, Hertfordshire in 1996, POhWER is a leading national rights, advocacy, information and advice charity. POhWER helps people who, because of mental health, impairment, disability, illness, social exclusion and other challenges, find it difficult to express their views or get the support they need.

On 3rd July, POhWER launches a podcast series, *“Voices Heard, Lives Empowered”,* to support our work with vulnerable people.

The podcast will be available on Soundcloud and iTunes. “*Voices Heard, Lives Empowered*” will

- give a voice to vulnerable people who might otherwise not be heard
- highlight key issues we identify through our work
- include self-help resources

In these thought-provoking conversations people talk openly about the challenges they have faced and what POhWER and wider society can do to help.

Our first three episodes, available from 3rd July are:

- Episode 1: The Carer - Donna talks about caring for her husband
- Episode 2: Cruse Bereavement Service – Jo, a volunteer with Cruse Bereavement discusses the effects of COVID on the grieving process and what challenges Cruse faces when supporting individuals
- Episode 3: JUNO Women’s Aid – Barbara & Jennifer discuss how COVID has affected the domestic abuse of women and children

New episodes will follow each week.

In the first episode Donna describes the particular difficulties of being an informal carer during the pandemic and what more could be done to help people like her.

Voices Heard, Lives Empowered will also include self-help information. The first four episodes provide information about the Mental Health Act, what people can expect if they are detained under the Act and what their rights are.

The podcasts are hosted and edited by Thomas Walsh and produced by Ben Baxter from POhWER’s Nottinghamshire team. Thomas and Ben co-host the new Hidden Voices: Covid-19 mini-series.

A free download from iTunes, Soundcloud or Google Play is available from 3rd July.

Helen Moulinos, Chief Executive of POhWER, said:

“POhWER’s mission is to empower people to have a voice and make a real difference to their lives. The new Voices Heard, Lives Empowered podcast will help us to share those community voices and remarkable stories with the general public”.

“We hope these podcast interviews bring to life lived experiences and broaden mutual understanding for the most vulnerable and marginalised people in society.”

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Podcast :: Advocacy :: Mental Health :: Disability :: Carer :: Civil Society :: Charity :: Covid 19 :: Covid-19 :: Rights :: Bereavement :: Womens Aid ::

Scan Me:

“We are very proud to launch this new series with the ambition that everyone can benefit from hearing the voices of the vulnerable and marginalised community we work in every day.”

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