

**National
Literacy
Trust**

Change your story

Inside Stories with Audible

Impact report 2022/23

Inside Stories with Audible: Impact report 2022/23

Project overview

Now in its fourth year, Inside Stories with Audible is a project that brings podcast-making and audio production skills to young people in custody.

Project highlights

In 2022/23, we delivered a range of activity in partnership with Audible, including:

- Podcast making sessions in HMP/YOI Isis, in partnership with Prison Radio Association
- Hosting the cast of the Kuruft FM podcast at HMYOI Feltham, where they met with participants from the previous project year. The audio from the session was subsequently broadcast on National Prison Radio
- Creative writing in HMP Grendon, in partnership with Visible and David Shillinglaw
- Lyric writing and recorded discussion sessions in HMYOI Feltham, in partnership with Finding Rhythms
- Engaging and relevant books written by special guests, such as *Cut Short* by Ciaran Thapar and *Behind Bars* by Lady Unchained, donated to participants
- Additional titles added to Amazon Kindle Fire tablets on HMYOI Feltham A side and young people consulted about future titles



Kuruft FM at HMYOI Feltham



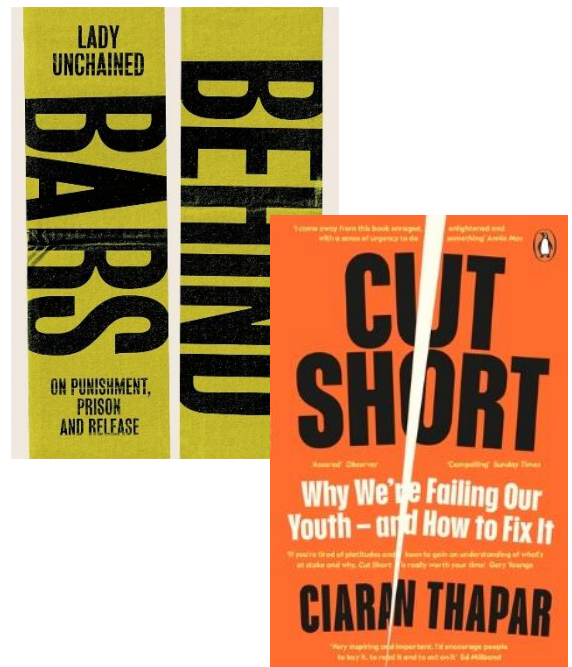
Special guests and Finding Rhythms at HMYOI Feltham



Artwork created by David Shillinglaw in partnership with NLT, Audible, Visible and HMP Grendon



Special guests, Audible staff and Finding Rhythms at HMYOI Feltham



Books donated to participants

Project activity and innovation

The project year began with a visit from the Kurupt FM cast to HMYOI Feltham A side. We convened the group we had worked with in the previous year for an afternoon of conversation and celebration. This session was a real highlight for everyone involved and Education staff commented that it was wonderful to see the young people laughing all afternoon.

The first round of project delivery then took place in HMP/YOI Isis – a new setting for the project – due to delivery not being possible in Feltham at that time. The young people in HMP/YOI Isis are slightly older and, while they took lots from the project, it was a valuable learning for us in terms of a) confirming that working with under 18s is better suited to the project and b) confirming that the project is more impactful in settings where young people don't have access to studios and recording equipment.

The second round of project delivery took place in HMYOI Feltham, where the project began in 2019. Taking learnings from a recent NLT project which saw great success in Oakhill Secure Training Centre, we decided to tailor this round of activity to focus on lyric writing, recording songs and discussing music. We brought together an incredible range of special guests – including authors Ciaran Thapar and Lady Unchained, musicians Franklyn Addo and Demetri Addison, and presenter Hilary Ineomo-Marcus – and delivered the recording sessions in partnership with the charity Finding Rhythms. Audible staff also attended sessions, including a producer who recorded the sessions and then edited the discussion track. Despite considerable disruption to the Education regime due to incidents and staff shortages, we had some brilliant sessions with the young people – where they learnt about the music, radio and publishing industries – and the content they produced was of incredible quality.

Future plans

In the 2023/24 project year, we will have a dedicated Project Manager overseeing Audible activity. This will enable us to deliver sessions year-round and be much more responsive to the needs and interests of the young people we work with. We will continue to deliver in HMYOI Feltham but can also look to extend activity to other YOIs including HMYOI Parc, HMYOI Werrington and HMYOI Wetherby. We will continue to partner with Prison Radio Association and Finding Rhythms, as well as new organisations who are well-positioned to support our work.

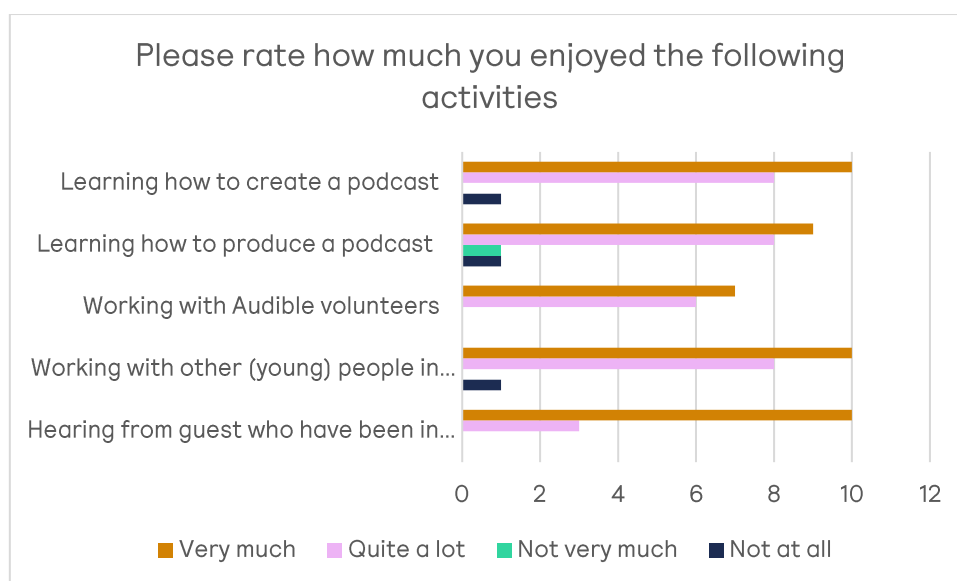
Impact

The following pages contain a detailed evaluation of the feedback we received from participants and prison staff. We worked directly with a total of 26 young people throughout the year, but disruption to delivery part-way through the course meant we were only able to gather feedback from a total of 19 young people.

Participant survey

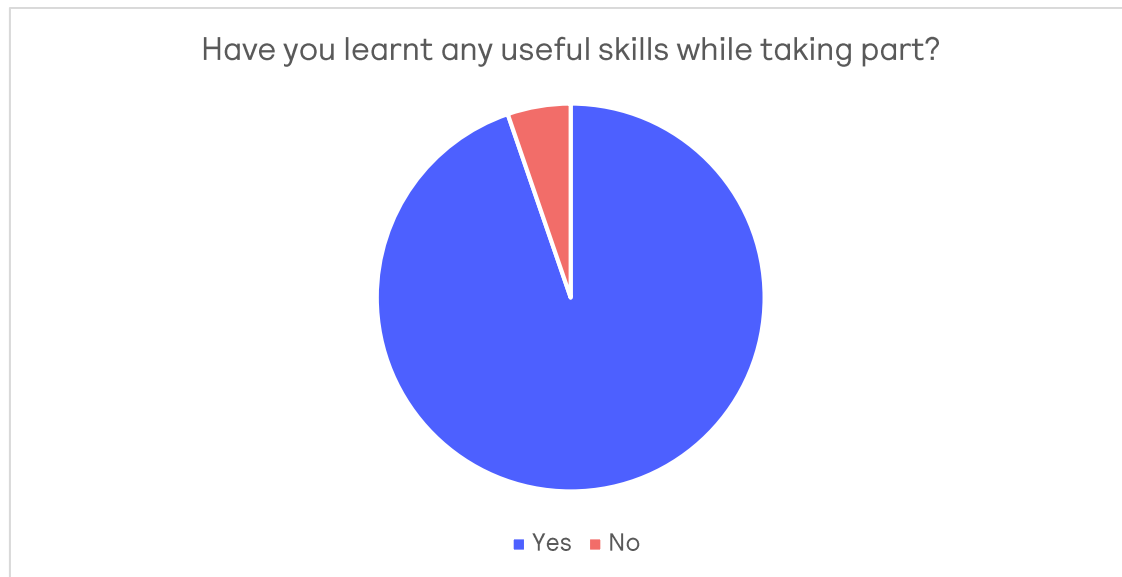
Key findings:

- **18 out of 19** young people (94.7%) enjoyed learning how to create a podcast 'very much' or 'quite a lot'
- **17 out of 19** young people (89.4%) enjoyed learning how to produce a podcast 'very much' or 'quite a lot'
- **18 out of 19** young people (94.7%) enjoyed working alongside other young people in their facility 'very much' or 'quite a lot'
- **13 out of 13** young people (100%) enjoyed working with Audible volunteers 'very much' or 'quite a lot'
- **13 out of 13** young people (100%) enjoyed hearing from guests who have been in prison and now work in audio or hearing from guests about their lives and experiences



Q1. Please rate how much you enjoyed the following:	Very much	Quite a lot	Not very much	Not at all
Learning how to create a podcast (plan and write)/Learning how to create audio content (writing lyrics and recording discussion)	10	8	0	1
Learning how to produce a podcast (record and edit)/Learning how to record audio content	9	8	1	1
Working with Audible volunteers	7	6	0	0
Working with other (young) people in your facilities to create a podcast	10	8	0	1
Hearing from guests who have been in prison and now work in audio/Hearing from guests about their lives and experiences	10	3	0	0

Have you learnt any useful skills while taking part?



18 out of 19 young people (94.7%) learnt useful skills while taking part in the podcast training

If yes, please tell us what skills you have learnt:

- How simple it is to create context
- How to record and speak an interview and a story
- How to interview people and how to reply in an interview
- Lots! Asking thoughtful questions. Meeting new people. Using the recorders
- All about radio as a career. Interviewing and thinking about what I want to say
- How to interview and record myself on a recorder. It is easy and straightforward to do a podcast
- I learnt how to conduct an interview with a professional recorder
- How to interview people
- The different types of podcast
- How to build a podcast
- To stand back from the mic when spitting
- Lyrics writing, recording audio
- Podcast making and learning to interview. Group talking skills
- Learning how to record and give out good questions
- How to interview professionally
- How to interview people more professional
- Interviewing skills
- Recording and knowing that to never give up

Have there been any changes for you as a result of the podcast training?



	n	Better at this	%	n	More confident	%
Telling a story	19	7	36.84%	19	13	68.42%
Communicating my thoughts	19	7	36.84%	19	11	57.89%
Talking to an audience	19	7	36.84%	19	13	68.42%
Asking relevant questions	19	8	42.11%	19	11	57.89%
Structuring a story	19	8	42.11%	13	7	53.85%
Interviewing others	19	8	42.11%	13	9	69.23%
Expressing your thoughts	13	5	38.46%	13	7	53.85%
Communicating effectively	13	5	38.46%	13	6	46.15%

Do you think the training allowed you to have your voice heard?



13 out of 13 (100%) said yes.

What was your favourite part of the podcast training?

- When I recorded my changing track
- Recording the story
- My changing track
- Listening to everyone's content
- All of it
- Writing my story and then saying it on record
- Using the recorder as it looked like a massive phone
- Making the podcast
- Recording of the podcast
- Reminiscing about old days
- Spitting
- Recording conversations, recording music
- Lyrics spitting, Ciaran's class
- Finding out other ex prisoner's story
- Recording my track
- Podcast

Was there anything we could do differently next time?

- No it was very good
- More sessions more often, job opportunities
- Nope
- No
- Have more sessions because I enjoyed and longer sessions
- More podcasts
- More information from the audible guests
- Not getting it cancelled
- Focus on recordings

Staff survey

Throughout the sessions, have you noticed any changes among the young people you work with in the following?

- They are more interested in audio
- They are more confident at communicating
- Their listening skills have increased

Is there any impact on young people that you would like to talk about, which has not been addressed above?

Those who participated, I think, feel taken more seriously as YPs rather than just Education attendees. They were able to demonstrate that they had attitude and skills to offer that may not have been seen or heard otherwise.

Can you think of a particular young person for whom the project worked well, that you would like to tell us about?

(Anonymised) probably felt more focused with his lyric writing and certainly in his element.

(Anonymised) reached deep inside of himself and when he was ready, he was bringing to the surface some very moving lyrics.

Do you feel like you have a better understanding of the benefits that come from using audio to engage young people learning?

Yes. With the strict parameters and focused topics, our YPs could give their views creatively and interact with adults who don't know them as teaching staff, do but share a certain respect and sense of cooperation.

Is there anything else you would like to say about the podcast training? (e.g. unexpected benefits of the programme)

Really enjoyable sessions (*when not cancelled*) with some eye-opening aspects i.e. Certain YPs opening up about their lives, discussion among staff regarding pressures female prisoners undergo.

Great examples of conscious Rap and reading from people who live the life.

Good to have fresh input outside of the 'Education box' in HMP Feltham.

Volunteer survey

Can you tell us what you enjoyed about the volunteering experience?

I loved seeing how engaged the boys were when workshopping the podcasts with the equipment. Being able to share my passion, and witness the positive impact it can have on some of the boys was very inspiring.

Is there any impact on young people that you would like to talk about, which has not been addressed above?

Generally being able to inspire young people that there are career paths and opportunities out there for them.

Can you think of a particular young person for whom the project worked well, that you would like to tell us about?

(Anonymised)'s engagement and maturity throughout the podcast recordings was a standout moment for me,