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**S4 Charity Beneficiary**

The making of the KELY Support Group Podcast

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A PODCAST ABOUT STUFF THAT MATTERS

PODCAST

SPECIAL: THE MAKING OF THE KELLY SUPPORT GROUP PODCAST

BY #IMPACT PODCAST | OCTOBER 10, 2019



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At #impact Podcast, we are dedicated to bringing more voices to the channel that deserve to be heard. We are so thrilled that we get to team up with our Charity 4 Beneficiary KELY Support Group (KELY) to bring thought-provoking stories from their community. In this episode, you get to look behind the scenes and find out how the KELY Support Group Podcast episodes came together.



Empowering young people to reach their full Potential

KELY Support Group (KELY) is a Hong Kong-based nonprofit organisation whose mission since 1991 is to equip young people with the skills, knowledge, and opportunities needed to support themselves and each other. They envision a world where young people are empowered to reach their full potential.

KELY collaborates with schools and other partners to offer programmes to Chinese- and English-speaking youth between the ages of 14 and 24 around three core focus areas: 1) Drug and Alcohol Awareness, 2) Mental Health and Wellbeing, and 3) Positive Youth Development.





Here's where it all started - Sky and Regina first discuss the KELY Support Group Podcast

In this episode, #impact host Regina Larko sits down with KELY Support Group Executive Director Sky Siu to find out what happened behind the scenes as she and her team were taking on the role as Podcast hosts for the very first time.

It takes courage to get in front of a microphone. It was the very first time that Sky and her team ventured into the field of audio storytelling and there were a lot of learnings on the way. From curating the stories and guests to the technical set up for 1:1 recordings as well as recordings with multiple guests and hosts, the learning curve was steep.

We already aired the first episode in the KELY Support Group Podcast Series where Sky sat down with Ernest Chang, a beautiful and moving story of recovery from drug addiction.

Thinking back of the recording with Ernest, Sky shares:

***"With Ernest we had to really create an environment where he was comfortable, where I was comfortable. I remember when I was holding my phone to record my hands were actually shaking and I was worried it would effect the sound quality."***

Sky also gives insights into the making of the episode that is coming up on #impact, where her team members Rosanna and Miki are taking the role as hosts sitting down with young KELY Support Group community members Christine, Lillian and Lillian's mother Susan.

***"My team always wanted to help young people have conversations about things they care about and the young people really wanted to talk about mental health."***

The young women you will hear of in the upcoming KELY Support Group Podcast are concerned how mental health is effecting everyone today and having the chance to discuss this topic through multiple perspectives meant a lot to them.

***"Young people are bursting to share their stories. They all have something in their heart they really want to talk about."***

Looking ahead KELY Support Group is looking to share more stories using audio.

***"It's inspired us and our team to do more of this in the future."***

Looking at the KELY Support Group there would be many impactful stories worth sharing.

KELY takes a preventative approach to our Mental Health & Wellbeing programmes and focus on helping young people to understand their own emotions, cope with stress, and know how to help themselves as well as their peers. In situations where we identify additional mental health needs, we work with a strong network of referral organisations that can provide in-depth one-on-one counseling.



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They run 3 initiatives every year in collaboration with their strategic alliance partners.

**Talk2Me** - A peer support training programme that aims to increase young people's knowledge and skills supporting those around them, including an in-depth understanding of emotional wellbeing topics.

**Growing Up With KELY (GUWK)** - Designed especially for school communities that have little to no pastoral care or wellbeing support for their students, this programme offers a combination of assessments, group and individual counselling and psychosocial education to help students build resiliency and find their strengths to lessen their vulnerabilities during their teenage years.

**Coolminds** - A collaborative project with Mind HK aiming to improve the mental health of young people in Hong Kong through training, information sharing, online resources, destigmatisation, and support for the adults around them.

## GET IN TOUCH

- Find more information about KELY Support Group at <https://kely.org>
- Get in touch with the KELY team at [contact@kely.org](mailto:contact@kely.org)
- Follow KELY on [Instagram](#)

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