

Frome FM tackles self-isolation

UNTIL recently, Frome's local radio station prided itself in being an information exchange – even a catalyst to encourage listeners to get out into their communities and do stuff.

With the news this week that thousands of us are being asked to stay at home to slow down the spread of the Covid-19 virus, the station has been looking at ways it can stop people going out.

Although the virus has forced the closure of the studios, Frome FM wants to help parents and their children, the older generations and people who are in forced into self-isolation through vulnerability, to pass the time and stay physically and mentally fit during this crisis by putting out shows listeners can interact with at home (on 96.6fm and online at www.frome.fm).

In the pipeline, fitness classes, a show featuring Covid-19 reports and calls from Frome friends all over the globe, alternative ther-

apy sessions and starting next week a new nationwide show from the Frome Shed.

Patrick Abrahams, the show's producer said, "The Coronavirus pandemic has resulted in most of the 600 Men's Sheds across the UK closing, including the four Sheds in Frome.

To help Shedders stay connected, the UK Men's Sheds Association, working with the Frome Shed and Frome FM is launching a two-hour weekly radio show called 'Shed Happens – even when you're self-isolating' on Frome FM every Wednesday morning from 10am starting on the 25th March.

The show will be streamed all over the country and feature interviews with Shedders talking about their Sheds, and what they get up to in them. Patrick will also be interviewing experts in areas of interest to Shedders (men and women, young and older), and finding out how people can "stay connected" where-



ever they are in the country, including examples of community involvement, like posting community cards offering help to isolated people in the community, and Pub in a Box.

The production team will link up with guests by phone and social media.

"In these dark times," says Patrick, "we aim to have a level of light-heartedness and humour and we'll provide an opportunity to send messages to listeners all over the country who may be isolated from their communities due to their sheds being closed.

"We are fortunate in Frome to have such talented and hard-working volunteers working at Frome FM. Without them it would have been impossible to launch the show at a week's notice."

The station is also asking people with friends overseas to send in 3 minute reports on the Covid-19 situation in their countries. These can be recorded on an ordinary smart phone and emailed to the station. For more information about how to do this, contact the station on hello@frome.fm.