



PROGRAM: The Press Club

TIME: 1:00 – 3:00

DAY: Monday

FACILITATOR: Vasma Hassan

AIM: Strengthen communication, creativity, and confidence through inclusive journalism activities, with a focus on podcasting and community storytelling this quarter.

GOALS: (Relates to NDIA goals of clients)

- Increasing participation in the community
- Improve communication skills
- Develop social skills and build relationships with others

OUTCOMES:

1. Communication & Interviewing Skills

- Participants will be able to confidently prepare and ask relevant questions during interviews.
- They will learn how to listen actively and respond with appropriate follow-up questions.
- Improved clarity and confidence when speaking on camera or microphone.

2. Media & Technical Skills

- Participants will gain hands-on experience using cameras, microphones, and basic recording equipment.
- They will practice filming techniques such as framing, focusing, and recording steady footage.
- Improved skills in managing both “on-camera” and “behind-the-camera” roles.

3. Collaboration & Teamwork

- Participants will learn to work as a team by dividing roles (interviewer, camera operator, sound, etc.).
- They will develop stronger peer connections through shared tasks and creative projects.
- Increased sense of responsibility and contribution to group outcomes.

4. Creativity & Storytelling

- Participants will produce original content (interviews, event coverage, themed projects) that showcase their ideas.
- They will experiment with creative storytelling using both images and video.
- They will understand the importance of tailoring stories to their audience.

5. Community Engagement

- Through interviews with employers, staff, and community champions, participants will build stronger connections between The Press Club and the wider Emerald/Central Highlands community.
- They will practice advocating for inclusivity and showcasing positive disability representation.

6. Confidence & Personal Growth

- Participants will gain confidence in sharing their thoughts and stories.
- They will develop resilience by practicing and improving over multiple weeks.
- By presenting their work (e.g., podcasts, interviews, Christmas project), they will feel proud of their achievements.



7. Practical Outcomes

- At the end of the 10 weeks, participants will have a small collection of recorded interviews, practice footage, and event coverage that can be shared internally (and selectively with the public).
- The Christmas-themed activity will serve as both a creative celebration and a showcase of their skills.

RESOURCES:

Internet	
Personal mobile phones	
iPad/Computer	
Cameras	
Canva – Pro Subscription	
Cyberlink Power Director 365 Software	
“Media Room”	
Microphone for podcast	
Tripods	
TV	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 39 DATE: 06 October	PUBLIC HOLIDAY KING'S BIRTHDAY		
WEEK 40 DATE: 13 October	Behind the Camera: Filming Basics	Healthy snacks iPad or mobile phone	
WEEK 41 DATE: 20 October	Getting Comfortable with Interviews	Notepad and pen Healthy snacks iPad or mobile phone	
WEEK 42 DATE: 27 October	Spotlight on YB Staff	Healthy snacks	
WEEK 43 DATE: 03 November	Community Voices: Interviewing a Local Champion	Healthy snacks	
WEEK 44 DATE: 10 November	Covering Events: Reporting Practice	iPad or mobile phone notepad and pen healthy snacks	
WEEK 45 DATE: 17 November	Editing Our Stories	iPad or mobile phone notepad and pen healthy snacks	
WEEK 46 DATE: 24 November	The Press Club Podcast – Roundtable Talk	iPad or mobile phone notepad and pen healthy snacks	
WEEK 47 DATE: 01 December	Christmas Feature Story: Planning & Preparation	iPad or mobile phone notepad and pen healthy snacks	
WEEK 48 DATE: 08 December	Christmas Special: Filming & Sharing Stories	iPad or mobile phone notepad and pen healthy snacks	
WEEK 49 DATE: 15 December	Year End Review and Gathering	Food to share Christmas gift (optional, to be discussed)	