

**MAKE
(GOOD)
TROUBLE**

**BBC
RADIO SUSSEX**

BBC RADIO SUSSEX SHOW LIFTS LID ON RAISING TEENS IN LOCKDOWN

PRESS RELEASE

11 MAY 2019

Building on the huge success of the BBC radio show, **Raising Teens**, this third series will address crucial issues around surviving lockdown, the pandemic, and its effect on family mental health. **Raising Teens** aims to delve deeper into the parent-teen relationship in lockdown and provide practical, expert advice to parents, carers and teenagers, helping them to navigate the challenges during the coronavirus crisis.

The show's creators Make (Good) Trouble, run a thriving Facebook Group [Raising Teens in Lockdown](#), which has highlighted concerns raised by worried parents, carers and teachers. As a result, series 3 will explore Pandemic Anxiety, Home Schooling, Separated Parenting, and Domestic Abuse. Within a month the Facebook group attracted over a thousand members, 80% of whom are active daily contributors, 50% of members are from Brighton & Hove, with many others from East and West Sussex including Shoreham, Worthing, Eastbourne, Crawley, Lancing, Lewes, Horsham, Newhaven, East Grinstead and Chichester.

Raising Teens is a warm-hearted, honest, and practical radio show where host Guy Lloyd, father of a teen, talks to parents and experts, while our teen reporter Lola Ray discusses these issues with teenagers. This new series will be recorded remotely with guests, host and producer all working from home – a first for BBC Radio Sussex.

The show is created by BBC Radio Sussex and Make (Good) Trouble CIC, a social enterprise that works with teenagers, parents, and schools to tackle issues around teen mental health and wellbeing. It is broadcast on BBC Radio Sussex and BBC Radio Surrey between 7.30pm and 8pm on Mondays and Wednesdays from 18 May for four weeks, and then available on BBC Sounds soon after broadcast. It is supported by Brighton and Hove Clinical Commissioning Group, East Sussex County Council and Brighton & Hove City Council.

Catch up on previous episodes from Raising Teens Series 1 & 2 here:
<http://www.makegoodtrouble.co.uk/raising-teens/>

ENDS

For more information, please contact Jane Keating on 07947 318531 or email jane@makegoodtrouble.co.uk.

[For images please click here](#)

Editors Notes

ABOUT MAKE (GOOD) TROUBLE:

Make (Good) Trouble is a social enterprise and media production company that works with parents, carers, teenagers, and schools to raise awareness and tackle issues around teen mental health and wellbeing. Our aim is to create a supportive space for families to share problems, tips, and ways to understand each other better.

Web & Social Media:

Twitter: [@makegoodnews](#)

Instagram: [@wemakegoodtrouble](#)

Website: www.makegoodtrouble.co.uk

Facebook Page: [wemakegoodtrouble](#)

Raising Teens in Lockdown Facebook Group: [Raising Teens in Lockdown](#)

ABOUT THE MANAGEMENT TEAM

Daisy Cresswell, Founder, Creative Director

Daisy set up Make (Good) Trouble productions with her sister Tayler in 2018. This is their second venture together, having spent a decade developing digital strategies and social media content for TV and radio shows including Mr Selfridge, Alan Carr, Chatty Man, The Last Leg and Holby City.

Daisy is mum of two teenage girls and is the driving force behind Make (Good) Trouble.

Tayler Cresswell, Co-Founder, Editorial Director

Tayler is responsible for creating and developing Raising Teens radio show as well as heading up the social media offer at Make (Good) Trouble productions.

Previously, Tayler managed the social media for BBC Radio 4's The Archers for five years, building their social media audience from scratch. Alongside her sister Daisy, Tayler has been instrumental in developing content strategies for broadcast shows and production companies, notably Sky, ITV, BBC and Channel 4.

Jane Keating, Executive Producer, TV

Jane is responsible for creating and developing our media productions as well as the outreach videos for schools and colleges at Make (Good) Trouble productions.

Jane has been actively working in the TV industry for the past 19 years, where she worked as Producer and Assistant Producer on Celebrity Big Brother, Fame Academy and Super Nanny to name but a few.

Saba Ali, Marketing Manager

Saba joined the team in December 2019 and is instrumental in looking after the marketing and social media platforms.

FACTS AND STATS

Young people's mental health has been hard hit by the coronavirus with 80% of young people with a history of mental ill-health reporting a worsening of their conditions, [according to a study by mental health charity Young Minds](#).

There has been a sharp rise in the number of calls to ChildLine from distressed young people struggling to deal with the Covid-19 pandemic and its impact on their lives. ([The Guardian](#)).

The [National Domestic Abuse Helpline has reported a 25% increase in calls and online requests for help since lockdown](#).

TRANSMISSION DATES:

Each episode is broadcast in two parts on Monday and Wednesday evenings and the whole hour's episode will be available online after broadcast.

- 7.30-8pm Monday 18 and Weds 20 May: **Pandemic Anxiety**: How are teens coping with anxiety during lockdown and is the pandemic exacerbating existing mental health issues? We look at what signs to look for and where to go for help if your teen is suffering from anxiety.
- 7.30-8pm Monday 25 and Weds 27 May: **Home Schooling in Lockdown**: How can parents encourage their children to keep up with their studies at home, what help are schools providing and how do you circumvent meltdowns and keep teens motivated when a return to school looks like it's a long way away?
- 7.30-8pm Monday 1 and Weds 3 June: **Separated Parenting in Lockdown**: How do you successfully co-parent in lockdown? What are the rules and how can you keep relationships stable? We explore the rules, relationships, and the best tech to stay in touch.
- 7.30-8pm Monday 8 and Weds 10 May: **Domestic Abuse and Lockdown**: With huge concerns about a rise in domestic violence during lockdown, we explore what is happening behind closed doors, and how it affects families. Listeners will find out where to find support and what is being done to help those most in need.