

Trying Again podcast press kit fact sheet

What is the Trying Again Podcast?

Trying Again is a podcast that tells a story of miscarriage, of the usually silent 1 in 4, through the eyes of journalist and host, Rachael Smith. It is a mix of interviews with people sharing their stories of miscarriage and baby loss, expert advice and information on miscarriage treatments, research and services and honest discussions on issues surrounding miscarriage including body awareness, mental health and grief management.

In each episode, Rachael will discuss a topic or theme surrounding miscarriage and will be sharing information of her journey as she decides whether to try again following multiple losses. The episodes are a mix of conversation, dark humour and audio drama.

The Trying Again podcast is a non-for-profit project produced in Coventry, UK.

Why is it needed?

According to stats from NHS, Tommy's and The Miscarriage Association charities – miscarriage affects 1 in 4 pregnancies and is one of the biggest causes of pregnancy loss in the UK, but also the least understood.

Tommy's Miscarriage Research centre is the biggest of its kind in Europe, sharing research facilities with University Birmingham, University of Warwick and the Imperial College, London. The centre's work is helping women and couples throughout loss, with tests and treatments to find better ways of managing or supporting miscarriage and baby loss or pregnancy after loss – despite this there's very little conversation surrounding the research in the media.

Podcast details:

Website: www.tryingagainpodcast.com

Email: tryingagainpodcast@gmail.com

Social:

- Instagram [@TryingAgainPod](https://www.instagram.com/TryingAgainPod)
- Twitter [@TryingAgainPod](https://twitter.com/TryingAgainPod)
- Hashtag: #TryingAgainPod
- You Tube: [Trying Again Podcast](https://www.youtube.com/TryingAgainPodcast)

Summary:

The Trying Again podcast shares honest, brave and true stories, thoughts and insights into the usually silent world of miscarriage.

Going through a miscarriage can feel very lonely; the podcast opens the conversation into issues surrounding miscarriage and baby loss in a hope to raise awareness of the community and people surrounding it.

Download/Subscribe:

Listen to the podcast via the website www.tryingagainpodcast.com and via podcast platforms such as iTunes; Spotify; TuneIn and Stitcher. Highlights from the podcast are also available on YouTube with captions.

When can I hear Trying Again Podcast?

The series launches on Thursday 24 September with episodes 1 and 2 available to listeners. Episodes will then be released weekly.

Trying Again podcast press kit fact sheet

What is the podcast genre and format?

The podcasts genres are health, parenting and personal journal.

The format is a mix of interview, storytelling and audio drama.

Audio drama episode

This is episode two of the podcast, titled “The story so far...” this episode shares the host’s story of loss and is written, produced and edited by Rachael Smith in her first radio drama production.

EP02: The story so far... synopsis: Rachael guides you through a story of loss; love and hope as she decides to try for a baby with her boyfriend, Lee. Rachael’s story starts in Coventry, UK, on New Year’s Day and from there, we follow her journey to motherhood. The drama is a raw account of miscarriage, based on real-life diary notes, blog posts and memories it takes you through a time-line of love and loss, sharing the highs and lows of the first 12 weeks of pregnancy.

Cast:

Rachael is played by Emily Jane Brooks
Lee is played by Philip Kingsley Elton
Vanessa is played by Loretta Hope
Luke is played by Oraine Johnson
The walk-in centre nurse is played by Alexander Doddy
The clinic nurse is played by Olivia Finch
The EPU nurse is played by Lynne Payne
The Midwife is played by Dawn Butler

[Click here for cast bios](#)

Production:

The drama was recorded remotely in the Midlands, UK, due to coronavirus social distancing. Funding for the episode was provided via a micro-grant from Coventry City of Culture Trust.

Written, produced and edited by Rachael Smith.
Script advice provided by Vici Edwards and Kim Greengrass.
Post production support provided by Kirtan Bhachu.
Music is by Joe Chris and the theme song is Small Bump by Ed Sheeran.

Podcast Quotes:

“I am making this podcast because I feel, to my core, that this is a subject that needs to be talked about. It is tough and it has taken me a while to understand how to navigate pregnancy loss. I am still on my journey – baby or no baby, who knows how this will end?” – Rachael Smith, podcast creator/producer/host.

“I’m thrilled to be involved in this achingly brave podcast drama giving a voice to the often untold stories of the 1 in 4” – Emily Jane Brooks, Actor/Actress in EP02: The story so far...

“I am so glad to be part of the fantastic cast bringing this script to life!” – Loretta Hope, Actor/Actress in EP02: The story so far...

Trying Again podcast press kit fact sheet

Who is Rachael Smith?

The Trying Again Podcast is created, written, produced and edited by Rachael Smith.

Rachael is a journalist, based in the UK. The inspiration for the podcast came from her having tests at the Tommy's Miscarriage Research centre following multiple miscarriages.

Whilst researching her own situation and trying to understand the changes going on in her body and more importantly – why. She had found she was part of a community that she never knew existed before and she had to learn how to grieve differently, sometimes in silence. She wanted to investigate this more and look into why there's a taboo; why are her babies dying; what happens if she can't ever have a baby - what is her place in society then?

The more she researched, the more she found that she may be able to help herself, and maybe others feeling as lost, lonely and isolated, if she shared her story.

This is a personal non-for-profit podcast. You can see Rachael's other work via her [personal blog](#) or via [LinkedIn](#).

Images

- Logo square
- Logo 16:9
- Non-text image square

Audio

- 45 second clip - with music/without music (.mp3)
- 60 second clip - with music/without music (.mp3)

Video

- 1 min video - with music/without music (.mp4)
- The video trailers are also on YouTube – [click here to view them](#).

All podcast images are by Rachael Smith/Trying Again podcast. Credits for other images are included where needed.

A transcript is provided (.pdf)