

So. I've been meaning to get around to talking about the status of Breaking Down Breaking Down, and plans for it in the immediate future. It's a bit of a tricky one, but as always, context.

Why We Broke Down.

First of all, the reason why the podcast broke down was because of a stupid plugin update, which somehow corrupted the podcast's RSS feed. I only became aware of this when I started getting emails from YouTube, who informed me that they couldn't grab the RSS feed, surprisingly the only distribution platform to do so. You'd think that Spotify, Apple Podcasts, iHeartRadio / Amazon would have found a way to send an automated email, but no. So thanks YouTube!

It seems as though the update broke not just the RSS feed, but all of the pages with podcast episodes on it. A bit of IT Crowdesque trouble shooting (Turning it on and off again, then changing the permalink / link to something else and back again) worked, so at least there's no issues there. I thought it was a billing issue, but for once, not the case! So good news, if you want to listen to the first 6 episodes, you can do so.

Previously Recorded Content Publication

As you know, I've recently moved from my former house a condition of the divorce meaning that it had to be sold. Whilst I CAN in theory get things working where I'm living at the moment, there's a couple of barriers to making it happen, the key one being getting the audio equipment used for recording out of storage. My previous setup is probably a bit too bulky for my current environment, though it does have the advantage of being able to connect bluetooth devices, which could in theory mean a phone, so that Andy can join remotely. I do have a GO XLR mini, but that would only work with one audio input in practice, though modern iPhones allow you to take calls on your MacBook, so there's still a possibility I could route in audio another way. Key would be finding at least one of my two headsets in order to get to that point.

Kinda knowing that this would be a situation *anyway*, Andy and I did a bit of forward planning, and there are 5 episodes which just need to be edited and then can be released. These were all recorded before Christmas, so doesn't cover my most recent crisis, but I have some ideas on how to cover that anyway. The aim is to start releasing these week after next, once every two weeks, which will take me through to the end of April. By then, I should have found a way to locate the rest of the items needed, and find a decent way to route audio in remotely.

Future, New Content

In terms of new content, Andy and I will still be recording new episodes as our schedules dictate. It's always harder to do things when you're not in the same room, but some thinking may mean that we could do some video podcasts, like every other podcast seems to do these days. Don't worry, audio podcasts will ALWAYS be available, and we will prioritise the audio experience over video podcasts adapted to audio needs. This comes back to a lot of media training I've had in the past, and most recently a great lecture by [Joe Buck as a part of the Frank Deford lecture series](#).

In addition, there's been a number of people who's reached out offering to be guests, and by solving one issue, I'll be solving another at the same time. This means that from May onwards, expect to have some more voices on the podcast, as we discuss different experiences, strategies, and approaches to supporting one's mental health. From others who struggle with their mental health, to professionals, support workers and decision makers.

As ever, if you have any comments and suggestions, please do let me know. Comment below, or contact me via my usual channels. Ditto if you'd like to be a guest on the podcast!

Peace, Rage And Love xx