

SDC Podcast Instructions

The instructions below should make receiving our podcast clear and straightforward. If you would like more information on podcasts visit our audio page on our website:

<http://www.sdcmh.org.uk/publications/pgs/audio.html>

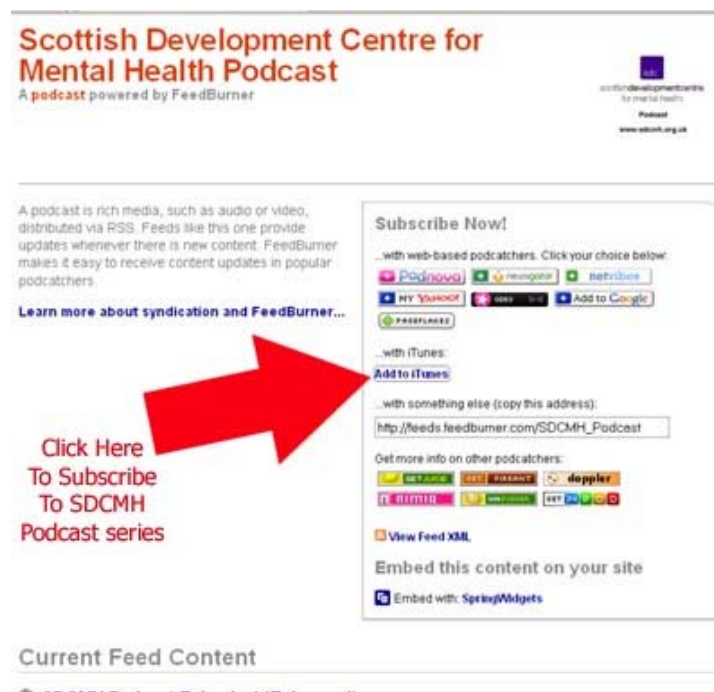
When podcasts are produced, the idea is that you set up a 'subscription' that delivers directly, for free, each message in a series. Subscribing to the podcast series will not mean you get any spam or other emails.

To Subscribe to the SDCMH Podcast:

Follow this link to subscribe to the series: http://feeds.feedburner.com/sdcmh_podcast

Simply select your type of podcast aggregator (i.e iTunes) from the small icons in the box marked Subscribe Now! This will automatically subscribe you (see diagram below).

You will then receive subsequent editions of the series.



The screenshot shows the 'Scottish Development Centre for Mental Health Podcast' page. The title is 'Scottish Development Centre for Mental Health Podcast' with the subtitle 'A podcast powered by FeedBurner'. Below the title is a description: 'A podcast is rich media, such as audio or video, distributed via RSS. Feeds like this one provide updates whenever there is new content. FeedBurner makes it easy to receive content updates in popular podcasters.' There is a link to 'Learn more about syndication and FeedBurner...'. The main section is 'Subscribe Now!' which includes options for web-based podcasters (Podnova, Amazon, Netribase, NY Yahoo!, etc.), iTunes (Add to iTunes), and other podcasters (Podcatcher, etc.). A red arrow points to the 'Add to iTunes' link with the text 'Click Here To Subscribe To SDCMH Podcast series'. Below the subscription options is a section for 'Current Feed Content'.

N.B. If you prefer to manually add the podcast copy the link in Feedburner's 'Subscribe Now!' box and add to your aggregator (in iTunes this is 'Subscribe to Podcast' in the 'Advanced' menu).

What if I can't subscribe, or don't want to?

You can either listen online or download podcast as an audio file (an mp3) to listen to whenever you wish and on whatever you choose. Please remember to return to the site to hear new episodes

as they are published as you will not automatically receive them (this is the benefit of using a podcast aggregator such as iTunes)

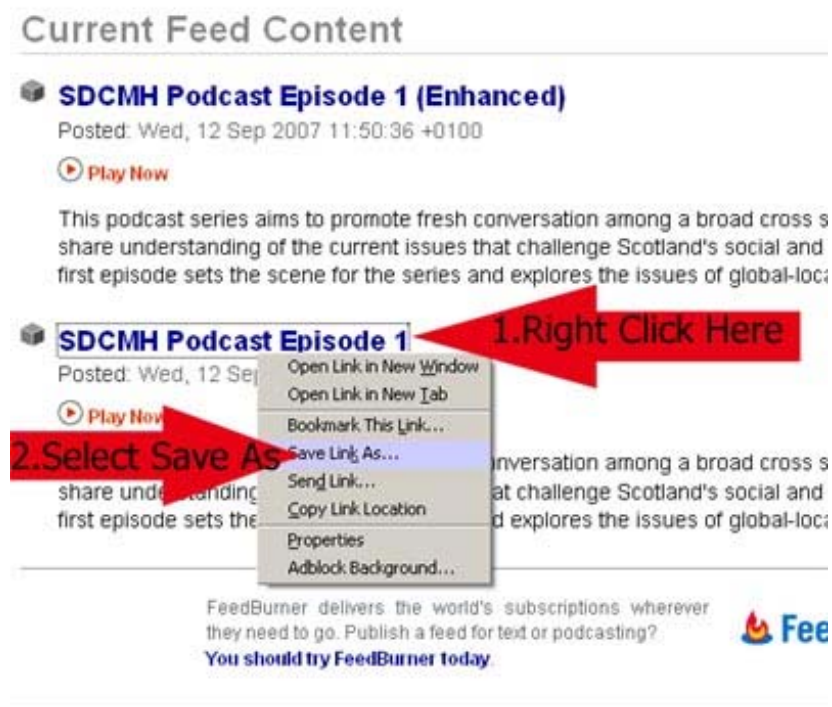
Visit Feedburner http://feeds.feedburner.com/sdcmh_podcast

Scroll to bottom of this webpage you will see two versions of the podcast – one is enhanced (only for iTunes and up to date software) and one is the simple mp3 version.

To listen online to the podcast:

Click on 'Play Now' on under the episode you wish to hear and the audio will start automatically.

To download audio file to listen to from your computer:



On the Feedburner website right click with your mouse on the SDMH podcast episode you wish to download (arrow 1).

Then select 'save link as' (arrow 2).

Select where you wish to download to i.e. your desktop from the new screen.

Once downloaded, double click on the file and your computer will play it for you.