We would like to hear about your experiences of living in the community to see how this can be done in the best way.
We would like to hear about your experiences of living in the community, good and bad.

We can then see how this can be done in the best way.

We would like you to send a short video of your experiences.

You could record this video on a mobile phone, web cam on a computer, or a camera.
We will put together everyone's videos to show health and social care workers what is needed to help support people in the best way.

You can send your videos by email to us if the file is small enough or by wetransfer.com.

Ask someone you trust to help you if you need support recording or sending the video.
In the video please tell us about:

• Why it is important to you to be able to choose where you live and who you live with?

• What activities you get involved in and why it is important to take part in community activities?

• Who supports you and what is good support?
Please send your files to: jez@changepeople.org or email Jez if you need advice on recording the video or sending it by wetransfer.com.

Any questions please speak to Claire or Sarah at CHANGE on:

0113 242 6619

or

claire@changepeople.org
sarahj@changepeople.org

Thank you for getting involved!