

# Be the star of your own video ...and share your skills!

We're looking for people we support, staff and volunteers to **create short videos on a number of different topics to help keep people entertained at home**. So whether you fancy yourself as the next Joe Wicks sharing some exercise tips, want to showcase yourself singing, host an arts and crafts lesson or wish to share some yummy recipes on your own cooking video, **we would love to hear from you**.

*Help others - Grow in confidence - Stay healthy and active*



These videos can easily be filmed in service on a smart mobile phone and there are some special video tips provided for your reference. We will need consent forms for every person featured in the video as we plan to create a video library on YouTube. If a person we support would like to be involved but doesn't have mental capacity to consent, then they can narrate/show different steps but please ensure their faces are not shown.

**For more information please contact your local Volunteering Manager:**

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