

#Auguts 2023 Patient Video Submissions

Would you like to be involved in our #Auguts campaign this year? We are looking for people to create short videos at home using their mobile phones, which we would use on our website and on social media during August.

As the campaign this year is around hard to fund and hard to talk about bowel conditions, we're looking for videos about difficult conversations people have had about their bowel condition, symptoms, diagnosis, treatment, or anything else related. I have created my own as an example, which you can see here:

<https://youtu.be/PO4wXXJttkw>

Videos only need to be a minute or so long. The suggested format of the video is:

- What is your name and what has your bowel disease experience been?
 - For example, "Hi, my name is Sam and when I was 22 I had bowel cancer"
- Who did you have a difficult conversation with and what was it about?
 - For example, "I needed to have a difficult conversation with my friends about going to the toilet."
- Tell us what happened. What did you say, how did they react, what was the outcome?
- How did you feel about having had that conversation?
 - For example, "I am glad I had that conversation with them because..."

Please send any videos via WhatsApp to this number: 07743 929 641. Please include your name and the video, as well as your social media handles if you feel comfortable with us tagging you when we share your video.

Videos may be edited slightly, for example by adding captions or putting several videos together, or adding our logo.

Here are some tips for filming video on your phone:

1. Please film in portrait view (don't turn your phone on its side).
2. If you have a tripod or a phone mount, please use it. If not, a selfie-style video will also work, but please ensure you keep the camera steady.
3. Please make sure you are in a well-lit room. Natural light would be best.
4. Please speak clearly and make sure your phone's microphone isn't obscured.
5. Please make sure you're well-framed in the shot, ensuring that your head isn't cut off the top and that there are no obstructions in front of the camera. We may add closed captions (subtitles), so please make sure you are not framed too tightly, and we can at least see some of your shoulders.

If you have any questions, please let me know – email sam@bowelresearchuk.org. We are also open to receiving people's written stories, which would be posted on our website and social media in a similar way, so let me know if you would like to do this instead.