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**Tell us your story!**

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| https://cdn.shopify.com/s/files/1/0606/1553/products/List_11ff78de-bd6f-4181-abbe-e1e39dd59ac1_large.png?v=1427205569 | Some tips for telling your story: |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Begin-1_large.png?v=1577702852 https://cdn.shopify.com/s/files/1/0606/1553/products/End-1_large.png?v=1577702759 | 1. Try to give it a start, middle and end! |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Where_large.png?v=1568125636 | 2. Tell us:   * How you were affected by the lockdown? * What happened? * Who was involved? * Who helped you or who did you help? * What did you do? * What worked or didn’t work? * What would you like to be done differently? * What would you like to carry on? * How has it ended? * How has it made you feel? * What can learn from your experience? |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Support-2_large.png?v=1565960473 | 3. Please say how your community supported people with social care needs. |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Robbie-7_large.png?v=1417854763 | 4. If you send photos, make sure the people in them have agreed for them to be used. |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Who_large.png?v=1568119163 | 5. If you don’t want to name people or organisations, just change the name or leave them out. |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Video-Chat_large.png?v=1584646987 | 6. You can record a film on your phone and send it to us instead! |

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| https://cdn.shopify.com/s/files/1/0606/1553/products/Writing_large.png?v=1417850750Write your story here. |

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| https://cdn.shopify.com/s/files/1/0606/1553/products/Form-Name-1-Full_large.png?v=1431179817 | Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Email_large.png?v=1565959581 | Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Phonecall-4_large.png?v=1565960205 | Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| North West ADASS (@NWADASS) | Twitter | These details will be held by North West ADASS whilst the project happens and then destroyed.  They will not be shared with any other organisation or person. |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Consent-Form-Yes_large.png?v=1417856326 | Please sign or print your name to confirm:   * People in photos have given their permission to use their image. * You are happy for us to share your story with our Elected Member Commission. * You are happy for us to publish your story. * We can contact you for more information. |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Form-Sign-Name_large.png?v=1431179438 | Signed:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| https://cdn.shopify.com/s/files/1/0606/1553/products/Where_large.png?v=1568125636 | Please email [nwadass@nwemployers.org.uk](mailto:nwadass@nwemployers.org.uk) with any questions about this project. |