

## Your Carers Rights Day Video

Sheffield Young Carers and Sheffield Carers Centre are working together to make a series of campaign videos to mark **Carers Rights Day** on Thursday 26<sup>th</sup> November. The theme of Carers Rights Day this year is 'Know Your Rights'. We want carers to understand they're not alone and that every carer has rights which can help to make their lives easier – and **we'd love your help!**

### How you can help

We want our campaign to include a wide range of carers from our diverse caring community here in Sheffield, so **we're asking you to make a short video and send it to us by Friday 6<sup>th</sup> November**. We may not be able to use every video we receive but we will try to use as many as we can.

If your video is selected, it will appear on our social media accounts (Facebook, Instagram and Twitter) and our websites ([www.sheffieldcarers.org](http://www.sheffieldcarers.org) and [www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk)), as well as on Sheffield City Council's social media accounts and [www.sheffnews.com](http://www.sheffnews.com), between the 19<sup>th</sup> and the 27<sup>th</sup> November. **Please bear this in mind when you are deciding whether or not to share your story with us: your video could be seen by a very large number of people.**

We've written a short script which you can use to tell us your story and to help record your video\*. We've included instructions on how to film your video and how to send us your video too, as well as a quick consent form we need you to sign, to give us permission to use your video.

*(\*If you would like to help us but you don't want to make a video, you can just take a photo of yourself and send it to us via WhatsApp or email, along with your completed script. We will then turn your photo and your script into an image that we can use on social media instead. If you would prefer not to send us a photo, you can just WhatsApp or email us your completed script.)*

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### Media consent

By signing this form, I give Sheffield Carers Centre, Sheffield Young Carers and Sheffield City Council permission to use the video that I have recorded for Carers Rights Day 2020 on their websites and their social media channels. I understand my video could be viewed and shared by a large number of people.

**Name:** .....

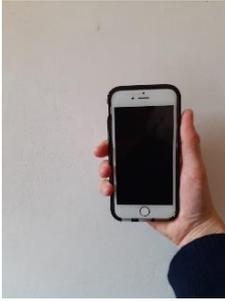
**Signature:** .....

**Date:** .....

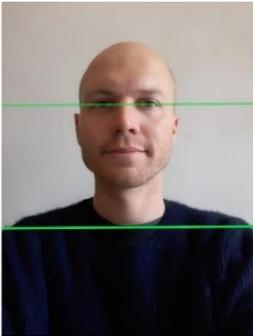
**Please complete and return this form to:** Sheffield Young Carers, Unit R7B, Sheaf Bank Business Park, 20 Prospect Road, Sheffield S2 3EN. Alternatively, you can take a photograph of your completed form and email it to [max@sheffieldyoungcarers.org.uk](mailto:max@sheffieldyoungcarers.org.uk).

## How to video yourself speaking

- Please film your video on a smart phone and in portrait mode (as below). You can either take a 'selfie' or ask someone else to film you.



- Open your camera app and select 'VIDEO' (unless your camera has a record button showing already) then line the camera up so that your head and shoulders are arranged as below and press the record button. Wait for two seconds before you start to speak. Press the same button again when you've finished speaking.



## How to use this script

The script we've written is in three parts:

- the first part is about **you and your caring role**
- the second part is about **something you find difficult** (or used to find difficult) and the **help you would like to receive** (or have now received)
- the third part is a **short statement** about a specific right you have as a carer and how other carers can find out more about their rights.

Before you get started:

- **Write** your details in the gaps overleaf, using the words in brackets if they are helpful.
- **Practice** reading your script aloud a couple of times to get used to the words.
- Try to **speak** a bit more slowly than you normally would so that it's really clear.

**Please turn over to complete your script.**

## Your video script

It should take about 60 seconds to record your script. If possible, please record all three parts in one video. **Please note:** You can either tell us about something you currently find difficult and what you need **OR** something you used to find difficult and what has helped, e.g. having a Carers Needs Assessment or speaking to someone on the Carer Advice Line.

**My name is** ..... **and I'm a carer.**

**I look after my** [wife/husband/dad/mum/brother/sister etc.] .....

**who** [has/lives with/suffers from] .....

**I care for my** [wife/husband/dad/mum/brother/sister etc.] .....

**and I find it difficult to** ["take a break from my caring", "get support for myself, as well as the person I care for", "talk to my boss about my caring" etc.]

.....  
**What I need is** ["someone to talk to", "more information about the support available to carers", "for my boss to listen", "a grant so that I can take a break" etc.]

.....  
**I care for my** [wife/husband/dad/mum/brother/sister etc.] .....

**and I have the right to** [*please choose one of our three campaign messages: "be supported", "be recognised" or "have a break"*] .....

**You have rights too.**

**For more information, visit do you care dot co dot uk.** [*This is our campaign website sounded out – [www.doyoucare.co.uk](http://www.doyoucare.co.uk)*]

## And that's it!

Thank you so much for making your video. It will really help other carers understand that they're not alone and that they can get the support they need.

Once you've completed your video, please send it to Max Munday at Sheffield Young Carers or Terry Billingham at Sheffield Carers Centre. We will send you an email to confirm that we have received your video and your media consent form.

**Please turn over to find out how to send your video to us.**

## How to send your video to us

Send your video by WhatsApp or WeTransfer and please remember to include your name and your email address so that we can get in touch if we need to.

### To send by WhatsApp:

- First, add Max (Digital Development Officer at Sheffield Young Carers) and his number to your contacts: 07851 252 014
- Open the 'Gallery' or 'Photos' app on your phone and click on your video.
- Click the share icon (for iPhone/iPad:  and for Android: )
- Click on the WhatsApp icon: 
- Search for Max's number and click 'Next' or the arrow on the green button.
- Write your name and contact details where it says 'Add a caption'.
- Finally, press the tick button to send your video.

### To send by WeTransfer:

- Type 'wetransfer.com' into your web browser.
- Click the button 'Send a file?' and press the cross in the round button next to 'Add your files'.
- Find the video you just recorded on your iPhone/iPad by selecting 'Photo Library' and on Android phones by selecting 'My Files', then 'Videos'. Then click 'Done'.
- In the box titled 'Message' please write your name and contact details. Then click 'Next' and select 'Send an email' then click 'Next' again.
- Where it says 'Email to':
  - If you work with Sheffield Young Carers, please type [max@sheffieldyoungcarers.org.uk](mailto:max@sheffieldyoungcarers.org.uk)
  - If you are working with Sheffield Carers Centre, please type [terry.billingham@sheffieldcarers.org.uk](mailto:terry.billingham@sheffieldcarers.org.uk)
- Where it says 'Your email' type in your email address.
- Click 'Transfer'.
- The next screen might say 'Verify your email'. If so, open your emails (on your phone or on a computer) and look for an email from WeTransfer with a 6 digit code. Type the code into the box provided on the WeTransfer web page and click 'Transfer'.
- When the video is being sent there will be a circle showing you what % of the transfer has been completed.

## Thank you once again for your help!

If you have any other questions, please email [max@sheffieldyoungcarers.org.uk](mailto:max@sheffieldyoungcarers.org.uk).