



Our COVID Voices



**easy
read**

Our COVID Voices



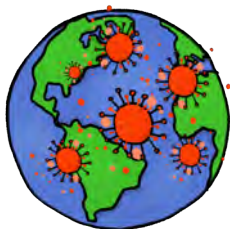
Our COVID Voices is a new website where you can tell people what life is like for you during the **COVID-19 crisis**.

It has been set up by **National Voices**.



We want to hear from people with:

- A mental health problem.
- A long term health problem.
- A disability.



COVID-19 or Coronavirus, is a new illness that is spreading around the world.



A **crisis** is a very difficult situation.



National Voices is a group of 150 charities that support people with physical and mental health problems and disabilities.

Important voices



Life is very different for everyone during the COVID-19 crisis.



It is especially hard for people who need support from health and care services.



Things are changing very fast. The people who run health and care services are having to change how things are organised.



They need to hear what it is like for people who rely on their services.



This website is a way for you to speak up about your experiences.

Using the website



Signing up

First you have to sign up.
Go to www.ourcovidvoices.co.uk



Click the button called 'Sign up and share'.



You will be asked for your email address and other personal information.



Once you have signed up, you will be able to write about your experiences.

What to write



Tell us what life is like for you during the COVID-19 crisis.



Tell us:

- What has made your life easier or more difficult.



- What has made you worry or feel happy.



- How you are going about your life under lockdown.



- How the crisis is affecting your health and wellbeing.



Lockdown is when we all have to stay at home and away from other people.



You could also tell us about your health and care services. Are they working? Are they helping you?



Your experiences

Tell us about what is happening to you, but also:

- Your thoughts.
- Your feelings.



Don't write anyone's personal details

Don't put anyone's personal details in your writing.



Personal details are people's:

- Name.
- Address.
- Telephone number.
- Email.



Here are some examples of how you can write without using personal details:

- Write 'a nurse' or 'a friend' instead of giving their name.



- Write 'my local hospital' instead of the name of the hospital.



You could write your own name, but you shouldn't write where you live, or work.



You can make up a name if you don't want to use your real name.



Be respectful

We won't put anything that is racist, sexist or rude about anyone on the website.

How to write



We want you to write up to 700 words about your experience of life during the COVID-19 crisis.

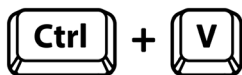
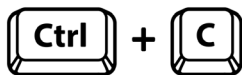


You can either:

1 Write what you want on your computer before putting it onto our website.



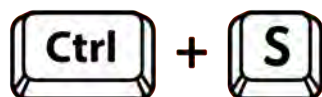
- This means you can check it over and make changes before you send it to us.



- You can copy and paste your writing into our website when you are happy with it.



2 Or you can write straight into the box on our website.



- You have to save what you have written before you leave the web page, or you will lose everything.



When you are finished

When you are happy click 'public'.



Your writing will then be sent to our **moderators**.

A **moderator** checks your writing is OK to put on the website. This may take a little while.



If there is a problem, email us at:
info@nationalvoices.org.uk

Taking it down

You can ask for your writing to be removed from the website at any time.



Please email us at:
info@nationalvoices.org.uk

Our agreement with you



With this website we want more people to know about the lives of people who need health and care services.



We want people to see and use your writing to understand more about the lives of people like you.

Other people may want to use your experiences in what they are writing.



For example:

- Journalists, who write for newspapers, radio or TV.



- Academics, who work at universities and write books.



- Politicians, who make laws and run the country.



Keeping you safe

We won't give anyone your contact details.



Keeping in touch

We may want to get in touch to ask you for more information. We will keep your personal information so we can do this.



But we won't do this unless you agree.



We won't ask you for money.



We will keep your personal information safe.



After 3 years we will delete your contact details unless you say we can keep them.



You can tell us at any time if you don't want us to contact you anymore. You can do this by emailing us at:

info@nationalvoices.org.uk

For more information

If you need more information please go to our websites:



National Voices:
www.nationalvoices.org.uk



Our Covid Voices:
www.ourcovidvoices.co.uk



Or email us at:
info@nationalvoices.org.uk



Or write to us at:

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