

**Virtual Citizens’ Jury: What Matters in Social Care in Wales**

**September 2020**

**Guidance for making your “*A Day in the Life of*” video**

We would like you to make a short video (no more than 10 minutes) about a day in your life. We are interested in what a typical day consists of, the factors that make it easier or more enjoyable, and the things that make it harder.

You can film any aspect of your day that you think it would be useful for our Jury to know about. Or you can film snippets throughout the day, for example, when you wake up, part way through the morning, lunchtime, during the afternoon and then in the evening and perhaps heading to bed. We will leave it up to you.

However, it would be very informative for the Jurors to know about such things as aids and equipment that you use; people you interact with; making appointments; or going out. Please do not film anything that makes you uncomfortable or that is too personal, for example, washing or dressing.

The purpose of these videos is to provide the Citizens’ Jury with a snapshot of your life so Jurors can understand the variety and complexity of what it means to be a carer or to use care and support services, and also to help them understand what makes life easier and what makes it more difficult.

Please be aware that we may not be able to show every video as part of the Jury.

**Tips for improving your video quality**

* Plan what you are going to film. Give some thought to the content, anyone else who will be included and where you will be. You can contact Katie (see below) if you want to discuss your plans before you start filming
* If you are using a phone, please film with your phone in landscape (held horizontally). This will prevent black lines being at the edge of your video when it’s watched on another device or screen
* Do a test run to check lighting and sound, and avoid filming in noisy places
* Think about lighting. For example, do not stand in front of a window as this will make you very difficult to see in the video
* Avoid using zoom, special effects and filters; we’re interested in you and what you have to say
* If you have one, use a tripod or stand to keep your device steady
* Where possible, try not to move your device too much – shots that pan around a room or move between people are likely to be blurry or difficult to watch
* Your video may be shown as part of the Citizens’ Jury and hosted on our public website [www.mtm.wales](http://www.mtm.wales) – please ensure you have consent from everyone that you include in your film
* All videos should be sent to Katie (see below) along with signed All Rights Release Forms from every person in the video; please also ensure that everyone has read the video Privacy Notice (available to download from [www.mtm.wales/resources](http://www.mtm.wales/resources))

If you have any queries, need any support or would like further guidance, please contact Katie – Katie.cooke@southwales.ac.uk / 07964 407 739 / [www.mtm.wales/citizens-jury-2020](http://www.mtm.wales/citizens-jury-2020)