

Keeping Connected

Isolated at home? Well, you're not alone!

We want to stay in touch with you all during this strange time. Yes, Coronavirus (COVID-19) is upon us and we are encouraging everyone to create short videos for us to share online and stay connected.

Step 1 - record your video (you can use a phone/computer/tablet or camera OR we can video call you)

Step 2 - send it to VALID (we will show you how to do this below)

Step 3 - VALID will then share your video on Facebook and our website



What should I say?

- Introduce yourself... What is your name? Where are you from? How are you involved with VALID?
- Tell us how you feel about what is happening with the pandemic
- Tell us about what life is like at your home
- Show us what you've been doing with your time? (For example, if you say, 'I have been watching lots of movies.' Then record yourself sitting on the couch watching television).
- If you are working from home, tell us about what you're working on?
- Share some tips for how to have fun at home? (For example, if you say, 'To have fun at home, I play with my dog'. Then record yourself playing with your dog)
- What message do you have for people who are feeling isolated in the community?

Example of a Keeping Connected video [Click here to watch an example video](#)

Some tips on how to create a video [Click here to see some video making tips](#)

Tips to support you to make your own video message

Before you record your video

1. Recharge your mobile phone/iPad/tablet/computer or camera – we will call this your **device**
2. Talk to the people you live with and ask for support if you need to – for example, you may need support holding the device

3. Choose a location where you will record. Make sure it's a quiet place. Close the window. Clean the lens of your camera. Make sure there is enough light
4. Think about what you want to say in the video

Recording your video message



1. Choose a place to put your device – You may choose something interesting to look at in the background
2. Use landscape view on your device (landscape is sideways)
3. Make sure your support person or a family member are ready to help if you need them
4. Open the app on your device that records video
5. Press the red record button
6. Talk to your device
7. Answer the questions on Page 2
8. Record for as long as you need, but not too long. If the video is too long it will be harder to send to us
9. Press the button to stop recording

The final step is to send it to VALID. Choose one way to send your video.

1. Send the video message in an email to heather@valid.org.au and tully@valid.org.au
2. Send the video message using Facebook Messenger to the [VALID Facebook page](#)
3. If the video message is very short you can try to send by text message to **0455 477 086** (This is Linda Studena's number - she works at VALID)
4. If your video is too large to send, we can send you a link where you can upload your files

You can also get in touch with us and we can record our chat using a laptop and the Zoom or Teams app. So, if you want to be involved in this project, get in touch, we would love to hear from you. If you have any questions or need some advice when making your video, please call 9416 4003 or email Linda on linda@valid.org.au

Thank you for participating in this project with VALID. By sending us your video, you are consenting to VALID sharing this with a public audience.

If there is something in your video that you do not want us to share with the public, please do not send your video or tell us which part you do not want us to share.