



## Video Guidance Sheet – Please Read Carefully

Here are some guidelines and tips on how to make your video for Awareness Day UK 2018. Please also refer to our Terms and Conditions below if you would like us to share your videos.

- Anyone with an interest in, or connection to, **Functional Neurological Disorder (FND)** or **Non Epileptic Attack Disorder (NEAD)** are welcome to take part: people diagnosed, carers, family and friends, medical professionals, support staff etc
- Find a quiet space and ask for no interruptions
- Switch off music, TV & phones
- Make sure the lighting is right: not too bright, not too dark
- Make an audio recording if you don't want to be videoed
- Have a plan of what you want to say. You don't have to say who you are or where you are from, only if you want to
- Speak with clarity of voice, be careful not to ramble eg. read from a script if it helps
- Check the volume level is just right
- Play it back to ensure its audible and has a clear picture
- Keep the length of your video to no longer than 7 minutes
- If you're posting your videos on personal social media platforms, don't forget to use the #Voices4FND tag!
- If you would like your video posted on our websites, social media platforms and YouTube channel, send it to us at [voices4fnd@gmail.com](mailto:voices4fnd@gmail.com)

Thank you for making a difference #Voices4FND

### Terms and Conditions

1. If you are under the age of 18, you must seek prior permission from a parent or guardian to take part.
2. No swearing, no nudity, no violence.
3. Please DO NOT record seizures as these can trigger other people's symptoms.
4. Do not name doctors, medical professionals or medical establishments. You can say things like: "The team in Sheffield really helped me" or "I feel my GP has been dismissive of my concerns."
5. The FND Awareness Day UK committee reserve the right to decide which videos are posted to our YouTube channel, websites and social media platforms.
6. The FND Awareness Day UK committee hold no responsibility or liability for the making of the videos

If you have any questions, please don't hesitate to get in touch with us at

[voices4fnd@gmail.com](mailto:voices4fnd@gmail.com)