



We need you for May awareness month!

Throughout May we want to post a new video each day to tell the general public about EDS and HSD and why more awareness is needed. We need short videos filmed in landscape (horizontal) mode, no more than 30 seconds long.

If you'd like to help, please record a video starting with 'Hi/hello, my name is X and I have [Ehlers-Danlos syndrome or hypermobility spectrum disorder]' and talk about one of the following topics. Remember you only have 30 seconds!

Topics:

- How do you explain your condition to others. Eg. 'For me this means.....'
- How does EDS or HSD affect you at work, school/college/uni. Eg. 'My Ehlers-Danlos syndrome affects me at university because.....'
- What one thing would you like others to know about your condition. E.g. 'The one thing I would like to tell other people about my hypermobility spectrum disorder is.....'
- How a support group has helped you. Eg. 'My local support group/the men's support group, the living alone support group..has
- What has having a diagnosis meant to you. E.g. 'Since have a diagnosis.....'
- Supporting The Ehlers-Danlos Support UK. E.g. 'I fundraise for The Ehlers-Danlos support UK because...' or 'I donate to The Ehlers-Danlos Support UK because...'
- Raising awareness E.g. 'Raising awareness of the Ehlers-Danlos syndromes/hypermobility spectrum disorder is important to me because....'

To send your video simply go to <https://wetransfer.com/> and follow the onscreen instructions to send the video to videos@ehlers-danlos.org. Please do not attempt to send it via any other method or to any other email address.

By submitting a video, you agree to it be being shared on social media as part of our May awareness campaign and we may use it in future promotional campaigns. Please complete the form here to confirm we have your permission to use the film <https://www.surveymonkey.co.uk/r/SW8D6VD>

Thank you! #RaisingAwarenessTogether