



## HOW TO SEND US YOUR CONTENT

We'd love it if you would contribute to the site. You can send us the following:

- **Health and Well-being Stories:** You can send in your own stories about projects, activities and people in your community that promote positive health and well-being. This can be a short write-up on a growing project, a set of photographs with captions from a community event, an audio story about someone's experiences of mental health, a video interview with a yoga tutor...and much more.
- **Discussion Topics:** You can send in topics / ideas you would like us to post as discussion topics that the site's community can create a dialogue on. The topics need to be linked to health and well-being.
- **Event Listings:** If you are running an event, course, activity etc. that promotes positive health and well-being – from a meditation class through to an arts exhibition – then let us know about it, and we can put it onto our calendar.
- **Creative Art Work:** You can send us your (digitally) creative pieces of work for our creative corner.

Make sure that all your content is in-line with our editorial guidelines, online safety best practice and our discussion guidelines.

### **1. How can I send you my health and well-being stories?**

- Written story – Send us your story (with a title and your name) in an email or as a Word document to an email on [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com)
- Photography story – Send us your photograph(s) as an attachment to an email, along with either a written story or a caption that explains the story to [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com) Don't forget to include a title and your name.
- Audio and Video Files – Send us your audio and/or video files using [www.wetransfer.com](http://www.wetransfer.com) and then send an email to [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com) with a caption/story to accompany the audio/video files, a title and your name. Alternatively, if the audio/video files are already on YouTube and can be embedded elsewhere, just send a web link to them.

### **2. How can I submit a discussion topic?**

Send an email to [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com), with a discussion question title and a short blurb that explains the topic. See our existing discussion topics for some examples. If you can, send us an appropriate image to accompany your discussion topic, but remember it has to be your own, copyright free or one that you have sought permission to use.

### **3. How can I submit an events listing?**

To submit a listing you should email [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com) with the following:

- Title of the event
- Date and time (and if it re-occurs and for how long)
- Venue (including postcode)
- A short blurb about it (2 – 4 sentences)
- Ticketing details (e.g. cost, ticket site)
- Organiser details (e.g. name, telephone, email, website)
- An image or photograph (if possible)

#### 4. Creative Art Work

You can submit the following creative pieces in the ways outlined below:

- Poems and Short Stories (written): Send them in an email or as a Word Document attachment to [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com)
- Photographs: Send them as an email attachment to [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com)
- Audio, video and film: Send the files via [www.wetransfer.com](http://www.wetransfer.com) to [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com). If they are already hosted on YouTube and can be embedded elsewhere, just send over the web link.

Don't forget to also send a title, short caption and your name (if you want to) along with your creative art work.

*We will do our best to put all of your content up promptly, but as this is a volunteer run project it may take some time. If we decide not to use your content because it conflicts with our aims, objectives or guidelines, we will let you know why. If you have any questions, please email [wellpoolblog@gmail.com](mailto:wellpoolblog@gmail.com)*