

Take part in our new ECHO Christmas Video Project

Watch Lena, our new communications volunteer and Diana, our Cardiac Support Worker, introduce our special new video project.

We're launching a new special video project just in time for Christmas and we want you to be part of it!

What we're asking you to do:

Send us a short video clip (1 min maximum) telling us what ECHO means to you. We'd also love to hear from your children and other family members as they are such an important part of ECHO.

Why?

This Christmas we'd love to be able to share stories from our members, speaking about what ECHO means to them.

How?

Send your video clip to hello@echo-uk.org

If your file is too big to email then use [wetransfer](https://www.wetransfer.com) - again to hello@echo-uk.org

Who?

We're asking ECHO members and their families to take part and we're also asking hospital staff, volunteers and supporters.

When?

Deadline for submitting your video is **Sunday 12th November**.

Where?

If all goes to plan we're hoping to showcase video clips at the ECHO Christmas Party! We also plan to show the videos on our website and social media. Sharing the ECHO story helps us to raise awareness,

encourage more people to access support and also to raise money to pay for the work we carry out.

Please note, by sending us a video clip you agree to it being shown at the ECHO Christmas party.

Please join our project and share a video with us - we need your voice!

Top tips for shooting a video:

- Use your mobile phone to produce it. Be sure you create a .mov or .mpg file.
- Film the video in a quiet and bright space.
- Speak clearly.
- Use landscape format.
- Perhaps ask a family member to film you.
- Everyone in your family is welcome to speak and tell us about what ECHO means to them.

If you have any questions, please [get in touch with us](#).

We are happy to support you and appreciate your help by sending us a short video.

Thank you!