

CARE in the time of COVID



UNIVERSITY OF
OXFORD



Would you like to share your experiences of COVID-19?

If you have experience of being in care in the UK and are over the age of 18, send us a diary entry:

- Written (200 to 600 words), audio or video (3 to 5 minutes)
- Music, a song, poetry or spoken word you have written
- Art you have created (please accompany this by a short explanation)

The #CareConvos team will provide weekly prompts inspired by historical diaries.

A selection of diary entries will be published on social media.

We are inviting people to complete a short survey about their mental health status and coping strategies. You will not be asked about your care experience.

All those who complete the survey and submit a diary entry will receive a £15 voucher.

These are example prompts but please see our website for this week's prompts.

- **Tell us about your day to day experiences during COVID-19.**
- **Tell us about your day last Saturday.**
- **How do you feel about the length of lockdown and why?**
- **What adjustments have you made to the way you enjoy your time?**

You can submit multiple entries, but vouchers are only available for two entries per month.

To take part or find out more:

- **visit our website www.careinthetimeofcovid.org**
- **Twitter page (@CareandCOVID);**
- **Instagram (@careinthetimeofcovid); or**
- **Contact Aoife by email: aoife.ohiggins@magd.ox.ac.uk.**