

STORIES OF LIVING THROUGH COVID - 19 IN CUMBRIA

Can you share your story to help us understand the support different groups of people in Cumbria need?

Your experiences can inform important research on the social impact of Covid-19.

Tell us about:

- **Who you are and where you live**
- **How the pandemic is affecting your day to day life**
- **What support you need**
- **What you think we can learn from this.**

To take part, simply reply via this platform (public or direct message), or contact us by any of the ways listed overleaf.

Send us your story, an audio account, video, or photographs of pictures, paintings and models. Participate however you like.

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