

A Mile in My Shoes....

Thank you for volunteering to participate in the *Walk A Mile in My Shoes* project, we are very grateful for your time.

Our aim is to gather an internet based 'library' of audio clips from people willing to talk about their lives as carers, together with a photograph of a favourite pair of shoes.

Most of you will have tales to tell of things that have happened whilst you are caring; this is your chance to record a short piece about your life as a carer, about the good and the bad, the funny and the sad aspects of your caring role. This is an opportunity for you to give people everywhere the chance to gain insight into your lives, to understand more about your role as a carer and to empathise by "*walking a mile in your shoes*"

The clips will be compiled and edited to create a resource that everyone can dip into in order to experience what life as a carer is like. The library will be located on the Carers in Derbyshire website to form a permanent memory bank of carers' anonymous stories. The *Walk A Mile in My Shoes* project will be the basis of Derbyshire County Council's celebration of Carers' Week 2018.

During the recording please feel free to talk about any aspect of your life as a carer that you would like to share; no subjects are off limits, whether these are the ups and downs of your daily life, your experiences around diagnosis or what life has been like since then.

Before we start recording, we will ask you to sign a permission slip to confirm that you are happy to make and share your audio recording. We will then let you know when your recording is available to listen to, along with details of the website.

