



We need your voice: Can you share your experiences of receiving support from people in your local community during the pandemic

During the pandemic, communities across Wales have come together in many different ways to support each other, for example, by helping to deliver shopping to those isolating or shielding, collecting medicines, and many other ways of giving a helping hand. This local support is vital when it comes to building stronger and supportive communities.

Public Health Wales is working with partners in your local community to understand people's experiences, especially **those who were helped because they were shielding or self-isolating – whatever your story, we would like to hear it.**

We would like to talk with you, at your convenience, either over the phone or virtually via Microsoft Teams, whichever you prefer. The informal interview will be carried out by Public Health Wales researchers, last about 30-60 minutes, and if you are happy with this- will be recorded. Everything you say will remain confidential and anonymous. As a thank you for taking part, we would like to kindly offer you a £20 shopping voucher for your time.

During the interview, we would like to talk to you about your experience of getting support, explore what difference it made and what you think worked well or worked less well.

Public Health Wales are working together with Voluntary Sector partners in your area, and you can find more information about the project and what taking part involves in the attached **Information sheet**.

If you are happy to be involved and share your story, please contact the research team directly at lucia.homolova@wales.nhs.uk or Chiara.Tuveri@wales.nhs.uk and we will email or call you back.

We would like to thank you for sharing your experience with us. By taking part, this will allow us to better plan how to improve health and wellbeing in communities across Wales in the future.

We look forward to hearing from you,

Yours Sincerely

Dr Charlotte Grey, Lead researcher on this project
Public Health Wales NHS Trust



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