

COVID-19: We need your voice: Can you share your experiences of supporting your local community or volunteering during the pandemic

Since the start of the pandemic, there have been record numbers of people in Wales giving their time freely to help others. Some of you may have **volunteered** through a group or initiative, or offered a **helping hand to a neighbour**, while others have been supporting their community behind the scenes. This local support is vital when it comes to building stronger and supportive communities – **whatever you've done, we would like to hear about it.**

We would like to have a conversation with you, arranged around your preferred availability, time and method (e.g. over the telephone or virtually via Microsoft Teams). The interview will be carried out by Public Health Wales researchers, last about 30-60 minutes, and will be recorded. The interview 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 chat with you about your experience of supporting your community/others during the pandemic, why you decided to help and take action, what difference it made to yourself and to those you helped, as well as any barriers you experienced on the way.

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 the project

Public Health Wales NHS Trust