

'ADHD Video Diaries' Contribution Guide



Get involved!

Are you someone with ADHD who would like to share your story?

The National Neurodivergence Team are looking to produce a series of video diaries featuring people with ADHD describing their experiences of how ADHD impacts on their day-to-day life.

For those who feel comfortable and want to, we would like you to produce a clip (no longer than 5 minutes) that can be featured on our website and possibly incorporated into a larger film at a later date. Your clip will likely be edited in order to fit the format of this series of videos, but we will send you the edited version to ensure you are happy with it first.

If you are not exactly sure what you would like to speak about, you could base your clip around **one or two** of the following the questions...

- **What do you want people to know about ADHD and how it affects you?**
- **What made you begin to feel that you had ADHD?**
- **How has ADHD affected you within different settings or situations? (Education, Employment, Health etc.)**
- **Are there any myths, stereotypes or misunderstandings about ADHD that you would like to address?**
- **What strategies would you suggest to others with ADHD to help with their day-to-day lives?**

If you would like to submit a video clip, please send it to AutismWales@WGLA.GOV.UK using the WeTransfer method outlined on **page 2**.

Alternatively, if you would prefer to record your video clip over Zoom or Microsoft Teams, please contact us at the email address above and we will arrange a date to meet with you and for your clip to be recorded.

Please also feel free to contact us if you have any questions, or would like us to assist in capturing your story.

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How To Send Your Video Clip

Or select a folder

Up to 2 GB free [Increase limit](#)

Email to

Your email

Title

Message

1

Go to <https://www.wetransfer.com> and click on the '+' symbol next to 'Upload files', then select your video clip from where it is saved on your device.

2

Enter **AutismWales@WPGA.GOV.UK** in the 'Email to' section. Then enter your email address in the 'Your email' section. If there is anything you would like us to know about your contribution, please feel free to enter this in the 'Message' section.

+ Add more files

1.9 GB remaining [Increase limit](#)

autismwales@wiga.gov.uk

Your email
leuan.rees@wiga.gov.uk

Title
ADHD Clip.mp4

Message

Transfer

Pop in your email and we'll let you know when your files get downloaded.

You'll need to verify your email so we know it's really you. Don't want to verify every time?

Create free account

3

You're done!

The transfer email has been sent – your transfer is available for 7 days. [Send another?](#)

Don't want to verify your email every time?

Click 'Transfer'. You may be sent a verification code to your email address – if so, check your inbox (and junk folder) for this and then enter the code in the 'Enter verification code' section. Finally, click 'Verify' and wait for your clip to upload. Once this is done, your clip will be sent to us!