

Let's Talk About It

Amplifying voices of those living with or affected by prostate cancer to raise the value of peer support.



By sharing your stories and the benefits you've experienced through your support group, we hope it will encourage others to seek support.

We're looking to unlock your authentic stories. We're not looking for a polished video, if anything, the more raw they are the better.



Tips for sharing your story (video)

Lighting

You should always try and use natural lighting, film near a large window, or even outdoors. Avoid filming in direct sunlight because it can overexpose the video and do not film at night – unless the content demands it.

Environment

You should always try and use natural lighting, film near a large window, or even outdoors. Avoid filming in direct sunlight because it can overexpose the video and do not film at night – unless the content demands it.

Frame

Try and keep a steady frame for higher quality content that's easier to view & follow. If you're on the move, some movement is okay as it adds to the authenticity of the story. If you're filming on a smartphone, always keep it portrait.



Sound

Try and film your video in a quiet space, if that's not possible, we might have to do a separate voice recording once your content has been edited by Tackle.

Taking just a photo?

Use the tips mentioned in the lighting, environment and frame sections.

If you've got any questions or you're happy with your content, email molly.jewitt@tackleprostate.org

