



THE
kindness
PANDEMIC

#CarerStrong **Participating in the Carer Kindness Campaign**

Background

The Kindness Pandemic is a global project promoting acts of kindness for people doing it tough during COVID19. The project was established in March 2020 and the Facebook Group for the project grew to over ½ million members in two weeks.

As part of the Kindness Pandemic we launched a Festival of Strong – where we are people who have or who are experiencing challenges – to share what strong means to them and what made them strong. On Sunday December 6th we will focus on Carer Strong. This is specifically people who are ‘unpaid’ or ‘informal’ carers – the relatives or friends or neighbours who provide help, support and care for someone with a health condition or disability (something like dementia or a stroke or a mental health issue).

The focus on ‘strong’ is a way of telling stories from a perspective that is universal. Not everyone is a carer – but most people are interested in Strong. We think that sharing carer stories that include a focus on ‘what makes me strong’ – will highlight what it is that carers need in a new way.

The need for stories

Members of the Kindness Pandemic respond very well to stories. Members who share stories help others to understand their experiences and needs. Sharing stories raises awareness and helps community members to think of ways they can better help and support carers. Therefore, the Kindness Pandemic is calling for carers to share their experiences of being a carer and what makes them strong – so that members of our group and the broader community can understand the importance of acts of kindness for carers.

How to participate

If you are interested in participating you can share your story with us. You can write it yourself, or you can contact us (details below) and we will help you write your story. If you would feel more comfortable, your story can be shared without being identified on the website or Facebook page. If you participate here is what you will be invited to do

1. Write some words (up to 200) including the following:
 - a. tell us a little about you
 - b. tell us a little about the person you care for
 - c. tell us the best part of being a carer
 - d. tell us the toughest part of being a carer
 - e. tell us what has changed for you during COVID19
 - f. tell us what makes you strong
 - g. tell us what can others do to help you?
2. Share a photograph of you and/or the person you care for (or something that helps tell the story of your experiences)
3. Email your story to us
4. Share your story on your social media and to the Kindness Pandemic Facebook page – please add the hashtag #CarerStrong to help us find your post

What we will do with your story

When you share your story with us (if you post it to the Kindness Pandemic Facebook group or email it to us) we will do the following:

1. Share it to our Facebook group if you haven't already
2. Share it to the webpage

More information

To contact us or learn more about the Campaign

- Dr Catherine Barrett: phone: 0429 582 237, email: info@thekindnesspandemic.org
- Robyn Smith: 0434949982
- Facebook group: <https://www.facebook.com/groups/515507852491119>
- Webpage: thekindnesspandemic.org/carers