

COVID PHOTOGRAPHY PROJECT

INFORMATION LEAFLET

**Use photography to explore, express
and reflect on your experiences**

How has covid-19 impacted you?

We are launching a new online photography project to explore and record this.

Contribute your photos to our gallery to have your say and use photography to reflect on your current experiences.



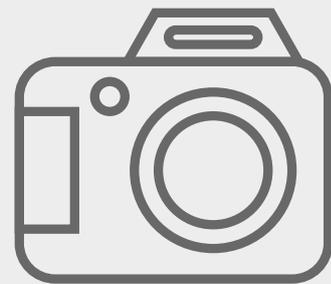
WHO ARE SELPH?

South East London Photography group

We are the South East London Photography group (SELPh). Here at SELPh we use a method called photovoice^[1] to run photography groups in our local community, giving people a platform to voice issues important to them. Given the extraordinary times we are living in, we believe the benefits of photovoice are more important than ever. Therefore, we are launching a special online project inclusive of everyone living in the UK.

SELPh is run by researchers at King's College London, and is part of the Health Inequalities Research Network (HERON; heronnetwork.com)

WHAT IS THE PROJECT?



We are looking for **anyone aged 16+ in the UK to send us photos of their life in lockdown and beyond**. This is a way for you to record, explore and reflect upon how covid is impacting your life.

We invite you to send us 1-3 photos on a weekly basis (or if you'd like to contribute less frequently that's fine too!). **Submissions will be added to our public gallery on our website (www.selphgroup.wordpress.com) and on our Instagram page (@selph_online).**

Don't have any experience with photography? No problem. **This project is not about photographic skills**. It's simply a creative outlet for you to reflect on your current experiences.

To take part the only thing you need is a camera- this could be your smartphone camera, a digital camera, or even a film camera.

SIX REASONS TO TAKE PART!

1

It's **a way for you to record, express or reflect** on your personal experiences

2

It's **something positive for your mental wellbeing**: research shows creative activities can be healing and protective for mental wellbeing by increasing relaxation, reducing stress and even boosting the immune system[2].

3

By contributing your photos to our gallery, **you are able to promote current issues that are important to you**

4

Your photos will be part of a **photographic record** for future generations about life in lockdown

5

It's an opportunity to **develop your relationship with photography** and use it in your life beyond the project

6

And finally- **photography is instant, creative and fun!**

HOW DO I GET INVOLVED?

Simply **email 1-3 photos with captions each week** to herone@kcl.ac.uk using subject "**SELPh submission**", or **DM them to us on Instagram** [@eselph_online](https://www.instagram.com/eselph_online).



Your **caption** can be one word or it could be a short paragraph, however you feel is best to describe your photo.

You can choose to **have your photos displayed in our gallery anonymously or with your name attached**; just let us know your preference when you submit your photos.

Please note: by sending us your photos and captions you are consenting for them to be added to our public website and Instagram page.

GETTING STARTED

On the right are some **themes to get you thinking about what you could take photos about**. However, you can take photos about anything you choose relating to lockdown and in any kind of style. You could choose a different theme each week, or spend some time exploring one that's more important to you. The creative freedom is **yours!**

Mental health
Physical health
Isolation
Education
Work
Inside
Outside
Community
Home
Family
Relationships
Self-care

IMPORTANT: WHEN TAKING PHOTOS...

- Do not take photos of people without their consent.** However, if the person is unrecognisable in the photo, you may use it.
- Do not take photos of people doing something private or something that might get them in trouble.**
- If someone approaches you while you are taking photos and asks for them to be deleted, **do so immediately** and leave without further discussion.

Any photos that do not adhere to these rules will not be published in the gallery.

Thank you for your interest in the SELPh covid photography project. We look forward to receiving your photos!

For further information or any queries, please email Hannah at heron@kcl.ac.uk.

[1] Wang, C., & Burris, M. A. (1997). Photovoice: Concept, methodology, and use for participatory needs assessment. *Health education & behavior, 24*(3), 369-387.

[2] Leckey, J. (2011). The therapeutic effectiveness of creative activities on mental well-being: a systematic review of the literature. *Journal of psychiatric and mental health nursing, 18*(6), 501-509.