

# ... I also have MS

Tell us in photos the great things you do day to day while living with MS.

To take part in the MS Trust's ... I also have MS event you'll need the following items;

- Camera - This can be a digital camera, the camera on your phone or even a traditional 35mm film camera!
- Thick black marker pen, to write the great things you do day to day, while living with MS.
- Access to email to send your images over to us, so we can upload them to our website - [web@mstrust.org.uk](mailto:web@mstrust.org.uk) alternatively for non digital images please pop them in the post to us MS Trust, Spirella building, Letchworth, SG6 4ET
- Printer - to print off the MS Trust *...I also have MS* graphic board for you to hold up for the photo.

## So what do I do?

- Print off all 3 pages of this document (preferably in colour), you should then have these instructions, plus two graphic to work with for the photos.
- On one of the MS Trust graphics, using your thick black marker pen write the words nice and big *...I also have MS*.
- On the second graphic panel, using your thick black marker pen write nice and big, the great things you do day to day while living with MS. This can be anything you like, for example *I am a full time mum...* or *I jumped out of an aeroplane for the MS Trust...*
- Now the fun part, taking the pictures. We'd like you to send two images, one of you holding the *...I also have MS* board and the second image needs to be of you holding the great things you do day to day while living with MS board. All you have to do is then send the images over to us (as per above).

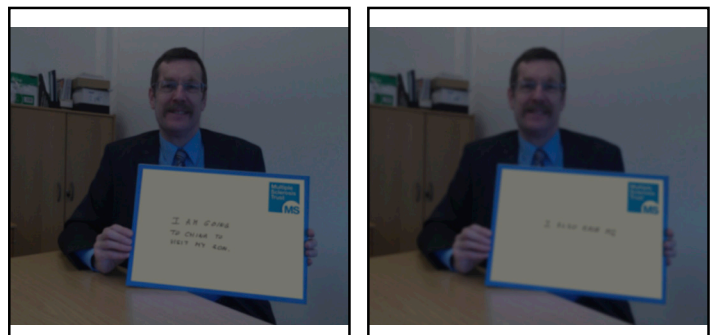
## Here's some examples we created earlier...

### Good examples



Good lighting, big clear text and images are in focus

### Poor examples



Poor lighting, small hard to read text and out of focus



