

Digital Stories key points

What Are Digital Stories?

A digital story is a short, special film that uses different types of media to share a real experience.

It's like making a little movie about something that happened to you.

- They are usually short, lasting about 2 to 5 minutes.
- They mix things like photos, videos, drawings, sound, music, words on the screen, and a voice telling the story.
- You see digital storytelling everywhere, like in videos, podcasts, and commercials.

Sharing your story this way can be a powerful way to heal and feel strong. It lets you share your life experience in ways that just writing or talking usually can't.

Who Can Tell Their Story?

Anyone can tell their story.

- A patient (someone who uses a service).
- A family member.
- Someone who is an unpaid carer (someone who looks after someone else without being paid).

It's a very simple process to tell your story, and we want to hear from all sorts of people who use our services.

Why Should You Share Your Story?

Your personal story is very important. By sharing it, you can:

- Help to make services better for others. This is called advocacy.

- Show when things have gone really well so that others can learn from it.
- Help to make a change when things haven't gone right.
- Help you feel better and recover.
- Feel strong and proud (empowered) for sharing something personal.

How Is Your Story Made?

It's simple to record your story. We will only record your voice (the audio).

You can tell your story:

- In a virtual meeting using Microsoft Teams or Zoom.
- Over the phone.
- In person with a recording microphone.

After you record your voice, we will use photos that you give us or other pictures to go with what you said.

- You can choose to make your story anonymous (meaning no one knows who told the story).
- Sharing your story will not change the care you get.
- We will never share your story with anyone until you say it's okay (you give consent).

If you have a story that you'd like to tell or would like to find out more about digital stories, please contact

Telephone: 0300 124 5400

Email: sirona.engagement@nhs.net

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Sirona care & health CIC, Badminton Rd Office, 2nd Floor, Badminton Rd, Yate, BS37 5AF

