

Writing or recording your own story – for Storytellers



Thank you for your interest in sharing some of your story with the Heart Foundation. We've discovered that storytelling is a powerful way for people to learn from each other. Every story is hugely valuable, and it seems to help to know that you are not alone.

We are working with our Storytellers to produce a collection of stories (online and/or in print) that can be shared with other people in similar circumstances. We encourage you to tell your story in whatever language and format you are most comfortable with (e.g. written account, series of photos, video clips). We would love to hear as much of your story as you are comfortable to share.

Getting started

Please start wherever you would like to, and describe as many details as you would like to share. We're really interested in your feelings and memories of your heart journey.

In the past, people have found it helpful to answer some of these questions:

1. How did this start for you?
2. What happened next?
3. What questions did you have?
4. What tests or treatments have you had?
5. How has your heart condition/event affected you and your family/whānau?
6. What's the most difficult thing you've had to adjust to?
7. What support do you have to help you manage your heart condition?
8. How are things going now?
9. Any tips for people in a similar situation?

We'd also like to learn a bit about you, so please do include some information about yourself, your family/whānau, your interests and/or your work. You may also like to include a photo.

How to send us your story

There are several ways you can send us your story:

- Email it to: HeartHelp@heartfoundation.org.nz
- Post it to: PO Box 17160, Greenlane, Auckland 1546

Please note that we won't publish any stories until you have given written consent. We cannot guarantee that every story will be published by the Heart Foundation or that it will remain published.

Writing your story –template

Name	
Gender	
Heart condition	
Age at diagnosis/heart event	
Date of birth	
Region	
Language your story is told in	
Title <i>(If left blank, we will title your story: Name, Condition)</i>	
Key quote <i>(One sentence from your story that you really like)</i>	
Your story <i>Please write your story in the box on the next page. Feel free to write as much or as little as you like, but please aim for no longer than three A4-sized pages.</i> <i>If your story is longer than one A4 page, please type it in a word document and email it with this form to journeys@heartfoundation.org.nz</i>	





