



Looking for something to do?

You Me Us is a project from Ideas Test to reduce feelings of loneliness and isolation in Medway and Swale.

With You Me Us you'll get to take part with an artist and other local people to make;

Poetry or Creative Writing

Storytelling

Photography

Singing and Music

Drawing, sketching and collage



You won't need special equipment plus you can take part over the internet, by post, or on the phone.

You just need to be **over 18 years old** and **live in Medway or Swale**. Get in touch by **30 April 2021** if you'd like to join a group. Alternatively, you can request our at-home activity sheets via the channels below. The project runs until mid June 2021.

To find out more check out our website www.ideastest.org.uk/you-me-us or get in touch with Kasia by email at kasia@ideastest.co.uk.

You can also call, text or WhatsApp **07387 842524** and Kasia will contact you.

Or fill out the form on the back of this flyer and return to: **Ideas Test, Room 5, 5a New Road Avenue, Chatham, Kent ME4 6BB.**

Don't forget to visit our community Facebook group - just search '**You Me Us Medway and Swale**'.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



You Me Us Sign Up Form



Full Name:

Address:

Post Code:

Email:

Phone Number:

What's the best way to contact you?

☐ Email ☐ Phone ☐ Post ☐ Other (add details)

How did you hear about You Me Us?

☐ Family/friends ☐ Ideas Test email ☐ Ideas Test website ☐ Ideas Test social media
☐ Local organisation/social media ☐ Local press ☐ Other (add details).....

Have you felt lonely or isolated in the past 12 months?

☐ Yes, often ☐ Yes, sometimes ☐ Not generally ☐ No

Why did you want to get involved in You Me Us?

☐ Sounded fun/interesting ☐ I would like to meet new people ☐ I'd like to try something new
☐ I'd like to be more involved in things in my local area ☐ I like doing creative things
☐ Another reason

Put the groups in order of preference.

We will try to match you with your 1st or 2nd choice, depending on group numbers.

	1st	2nd	3rd	4th	Not at all	Don't mind
Photography and mixed visual arts (focus on outdoors)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Storytelling and mixed visual arts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poetry and spoken word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Singing and vocal exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How would you like to take part in the group?*

☐ Online via Zoom ☐ On the telephone ☐ Via post ☐ Through social media
☐ Socially distanced in person ☐ By picking up materials at a local pick-up point ☐ Via email

Do you have access needs?

If yes, please describe how we can support you taking part.

.....

Would you like to sign up for Ideas Test's e-news and updates?

If yes, please make sure you have given us your email address

☐ Yes ☐ No, I don't want to sign up



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

