

## **This is my Story**

**Animation script, February 2015**

### **Scene One – Friends, Hospital**

This is me. When life was great. There was so much to look forward to.  
When I became ill I felt like I lost control of my life.

### **Scene Two – Hospital, Home**

I had so many questions and didn't know where to turn for answers.  
Although the doctors knew a lot they didn't know everything.

### **Scene Three – Home, Research group**

It helped finding others going through the same thing.  
I joined a group of people like me who were giving researchers interested in my condition advice.  
At first I wasn't sure what I would be able to add to the group.  
Now I know more about my condition, and the opportunities to get involved in research.

### **Scene Four – Skills and experiences**

Life has changed, and not in the way I expected.  
Getting ill was tough, but out of my illness I gained new skills and learned new things.

## **Scene Five – Research group, Presentation**

I have made a difference and influenced research that could improve healthcare in the future.

This is my story. What will yours be?

This is my story is a 2 minute animation based on the true story of a young man who was diagnosed with an illness and through this became involved in research. The animation is available on the INVOLVE website: [www.involve.nihr.ac.uk](http://www.involve.nihr.ac.uk)

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