



Write your **Story of Support** and upload it to the Upward Spiral Foundation's website here: <https://www.upwardspiralfoundation.org/>

To help you write your story, please tell us...

1. What is your name?
2. Where do you live?
3. What did you do to help?
4. What happened as a result of your help?
5. How did it make you feel?
6. Other information, such as:
 - If you were part of a group of people who helped, then tell us about your group.
 - If you are providing ongoing support, tell us more about it.
 - Tell us anything else you think we would like to know about your support.
 - Details of the charity or cause you helped, if applicable.

Images:

If you have any images, please upload them with your story. You may upload up to 4 images.

Thank you for sharing with us.

Submit your Story

Visit the website here to submit your story, via PDF or document plus up to 4 images.

If you experience any difficulties with submitting your story please email imogen@bissettgroup.com who will be happy to help you.