

Sharing your story with local press is a great way to raise awareness of Huntington's disease. Press love personal stories that are local to people in their area.

As this year's awareness theme is 'In my family' there is a real focus on the Huntington's community so a great opportunity to share your story as part of this campaign.

One

Use our press release template

You can use our template which includes two title options, talking points and a bit about the campaign with a quote from the charity's Chief Executive. Don't forget to remove all of the pink text before you send it.

Two

Add some photographs

Include some pictures of you, you and your family or even you taking part in a fundraiser in your charity t-shirt.

Three

Find local writers

- Search news in your area. One tip is to click on articles that are talking about the community/charity/real stories. The journalist's name will be at the top and should link to their email.
- Paste your story in the email - this makes it easier for journalists.
- You can share your story through the '[In Your Area](#)' community page. If you do this they will only share the story if it is not published anywhere else but this is a great backup if you haven't had any luck with the journalists.

For advice and support about Huntington's disease, please contact the Huntington's Disease Association on:



www.hda.org.uk



0151 331 5444



info@hda.org.uk