

One

Ensure your camera is set to the highest recording mode which is 4K. You can do this directly in your camera settings on an Android or on an iPhone, through settings, then into camera settings.

Two

Stand outside or near a window. If you can and you can find a quiet spot somewhere outdoors you will get the best lighting for your video. If not a bright room near a window will work just as well. Wait for a good day of course.

Three

Use the main lens on your camera and not the selfie lens. The quality is much better from this lens. Also, don't forget to give the lens a wipe, it sounds simple but it makes all the difference.

Four

Filming tips.

- Please film your video in landscape mode about a meter away from yourself.
- Pick a location where you feel comfortable and yourself. It doesn't have to be a plain white wall, you can add instant character with more colourful backgrounds.
- If you don't have anyone to film you (or you don't want anyone to) you can find somewhere to balance your camera such as propped against a cup, start filming, and then cut it down or we can do it for you.

Sending us your video

- Visit www.wetransfer.com
- Click 'no thanks' if prompted to sign up
- Click 'send file'
- Click the 'upload files' by the blue plus
- Choose your file and then click 'next'
- In 'email to' add comms@hda.org.uk
- Then click 'transfer'
- You will receive a verification code to your email which you will need to enter to proceed