



FUTURE LAMBETH INCLUDES ME

PARTICIPANT FILMING GUIDE

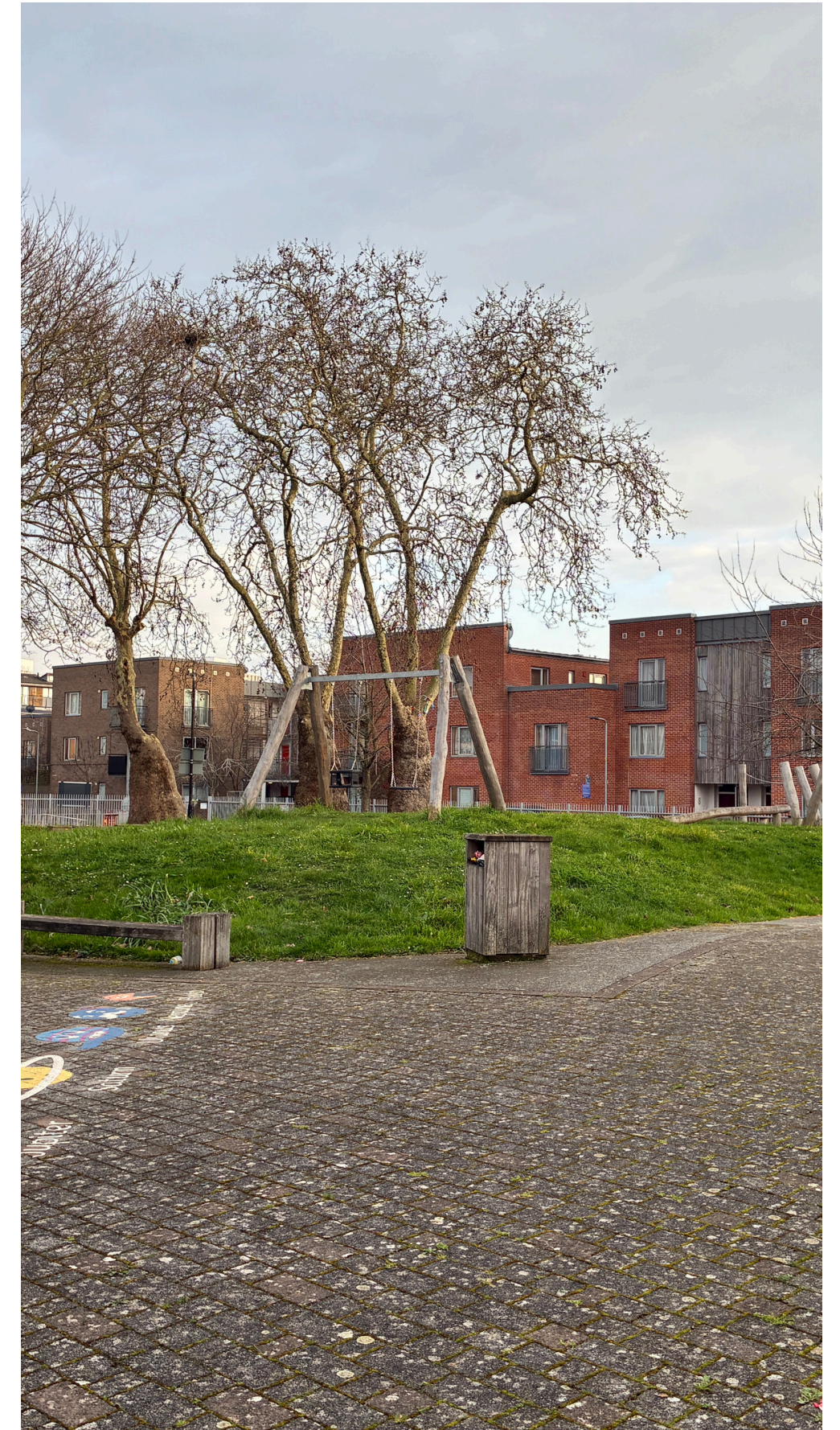


WELCOME

Thank you for taking part in Future Lambeth Includes Me.

This project is creating a time capsule of voices, stories, hopes, and dreams from the people of Lambeth today. Your video will become part of a community archive that will be stored securely and left untouched for more than 20 years.

One day, future generations will watch your message and learn about who you were, what mattered to you, and what you hoped the future would become.



BEFORE YOU START

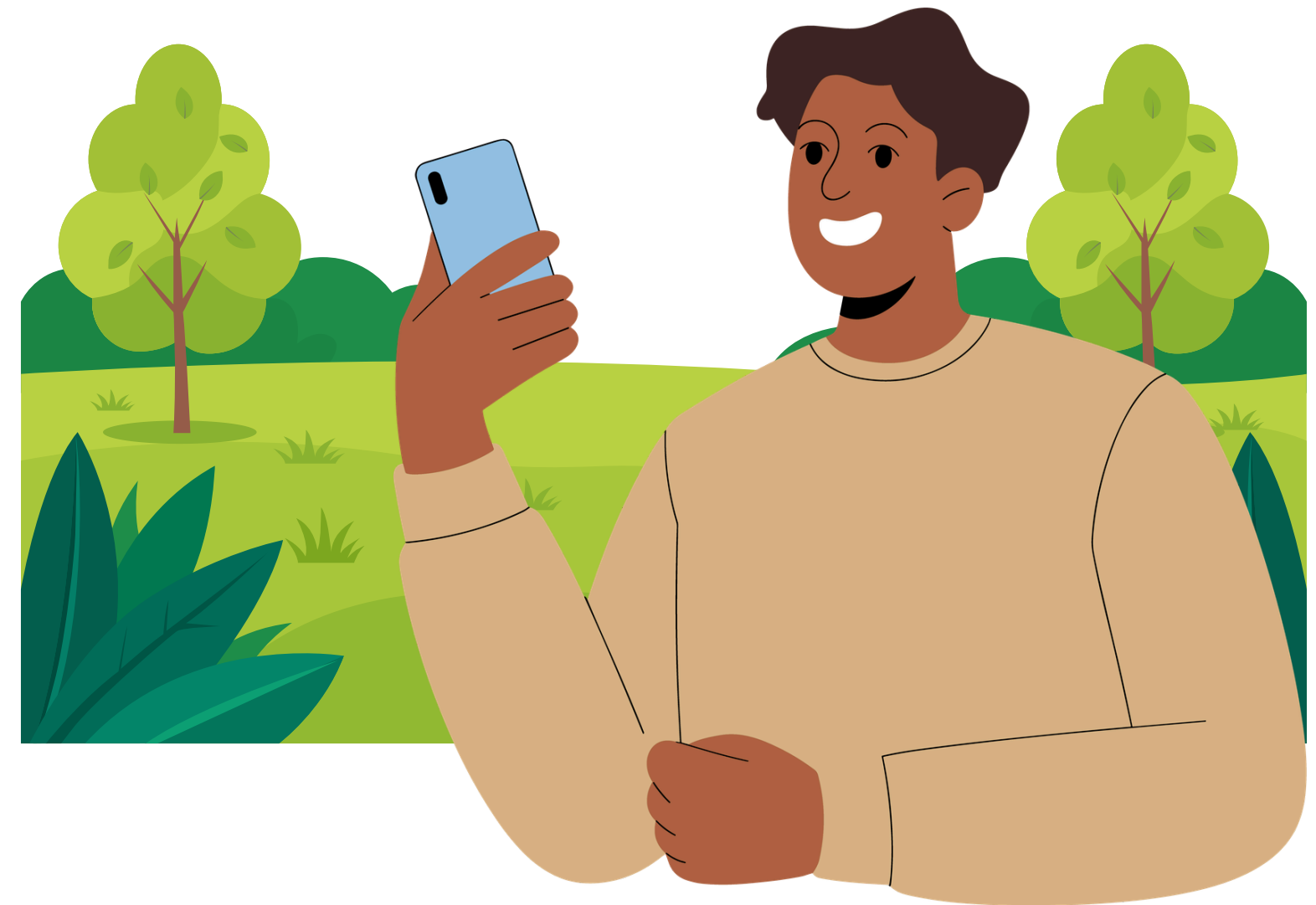
Find a Good Location

Choose somewhere that feels meaningful to you, such as:

- Your home
- Your estate or neighbourhood
- A local park
- A community centre
- A favourite place in Lambeth
- A basketball court, workplace, school, or place of worship

The location should be:

✓ Safe ✓ Quiet ✓ Well lit ✓ Somewhere you feel comfortable speaking



CAMERA SETUP

Use Your Phone

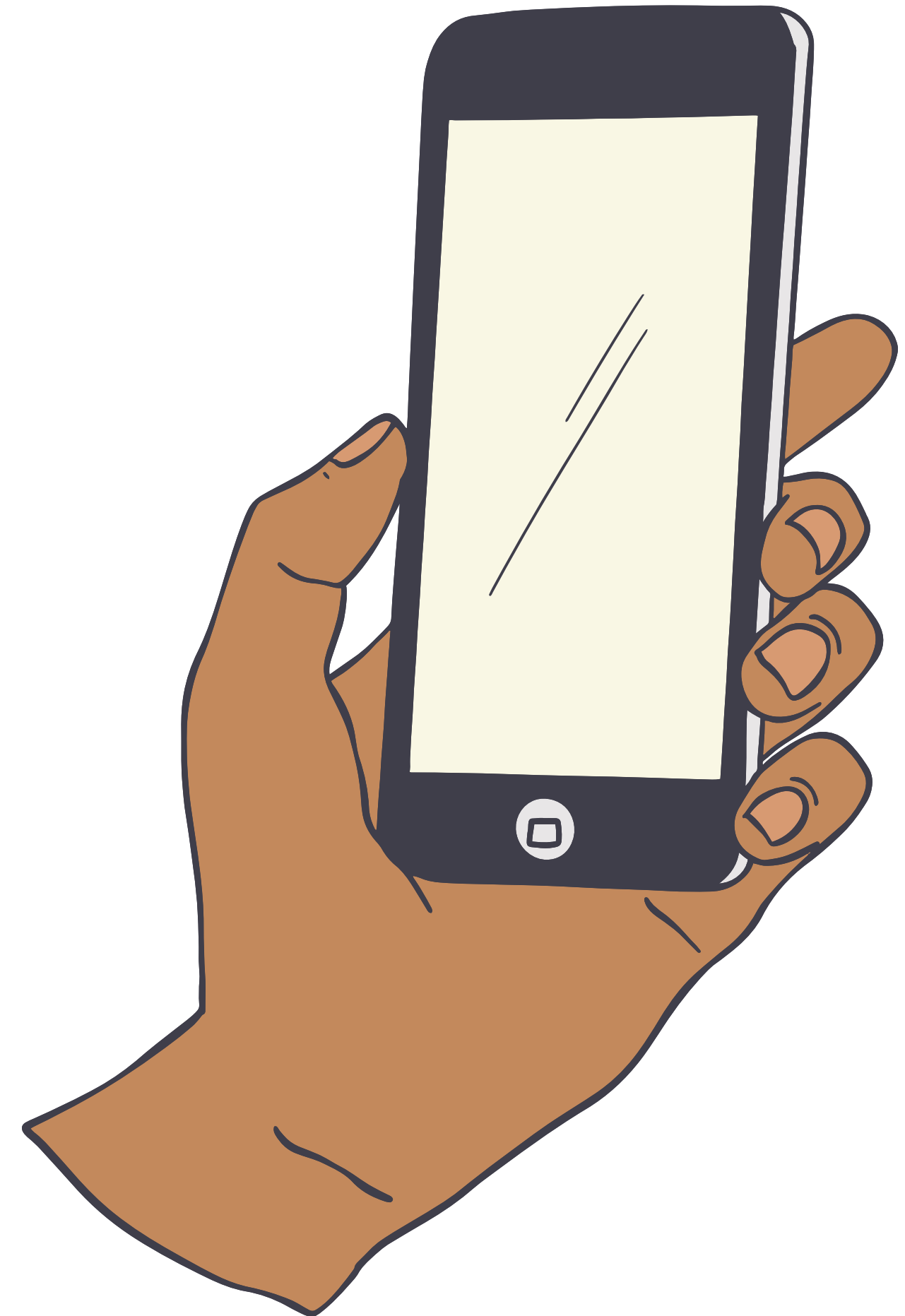
A smartphone is perfect.

Please:

- Record in portrait (vertical) mode
- Keep the phone steady
- Position the camera at eye level
- Look directly at the camera when speaking

If possible:

- Lean your phone against something stable
- Use a tripod
- Ask someone to help record



LIGHTING

Best Practice

- Face a window or natural light source
- Film during daylight where possible
- Make sure your face is visible

Avoid

- ✗ Bright windows behind you
- ✗ Dark rooms
- ✗ Standing with the sun directly behind you



SOUND

Future viewers should be able to hear your story clearly.

Try to:

- Film somewhere quiet
- Turn off TVs and music
- Reduce background conversations
- Speak clearly and naturally

You do not need to shout.

Just imagine you are speaking to someone sitting across from you.



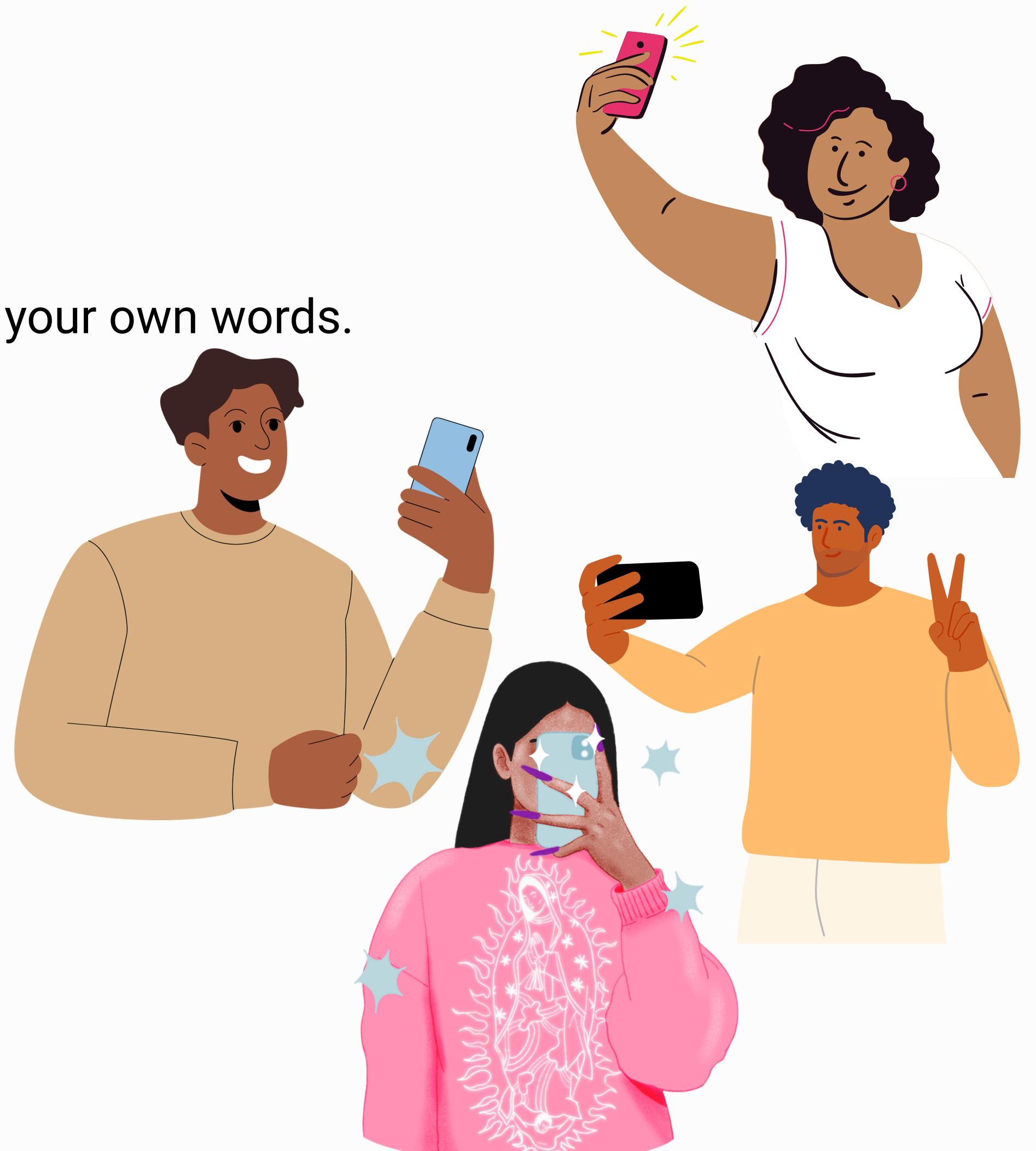
WHAT TO INCLUDE

Please answer the project questions in your own words.

There are no right or wrong answers.

We want to hear:

- Who you are
- What your life is like today
- What Lambeth means to you
- What your hopes are for the future



SUGGESTED OPENING

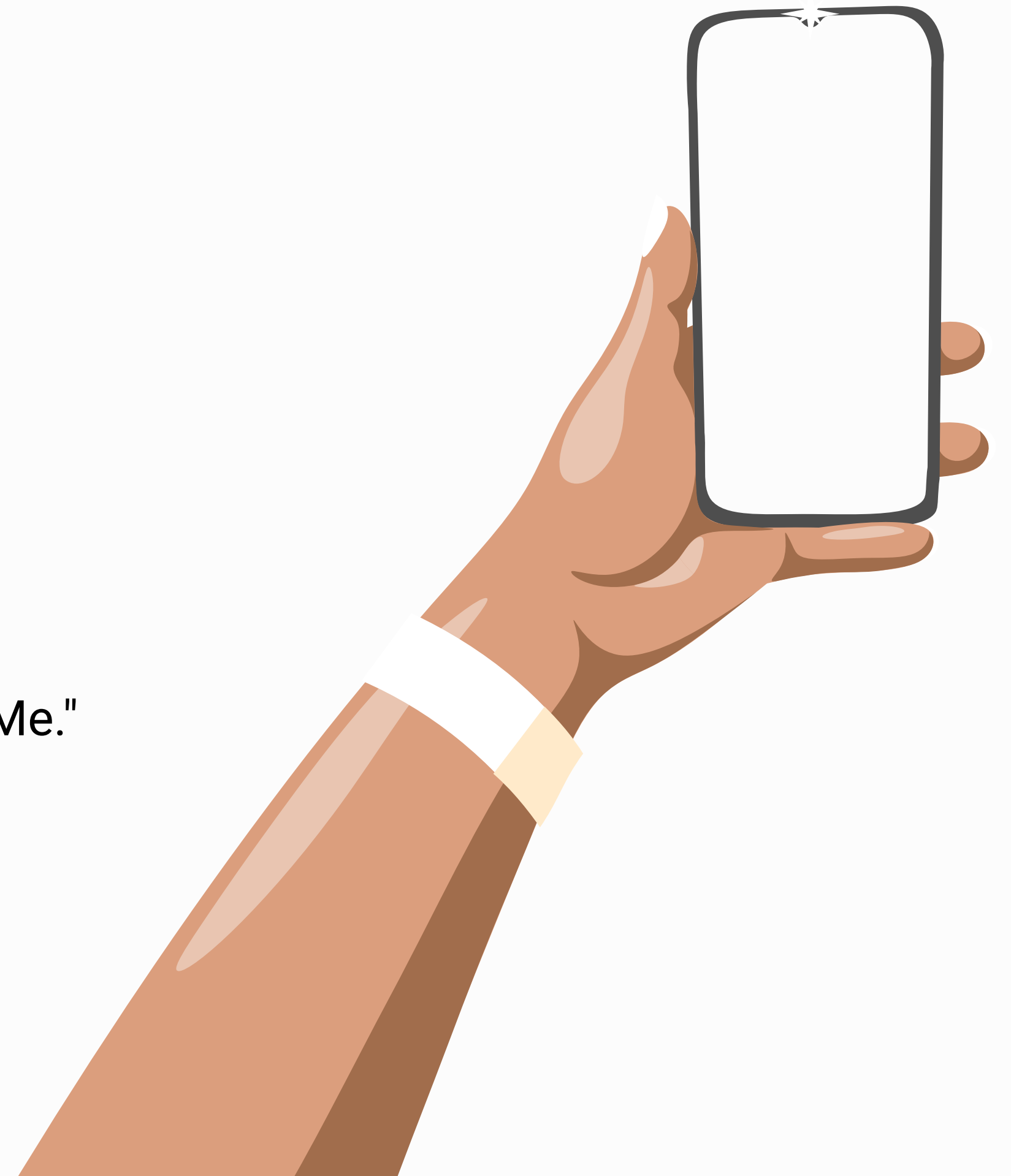
Start your video by saying:

"Hello. My name is _____.

I am ____ years old.

Today is _____.

I am recording this for Future Lambeth Includes Me."



TELL YOUR STORY

About You

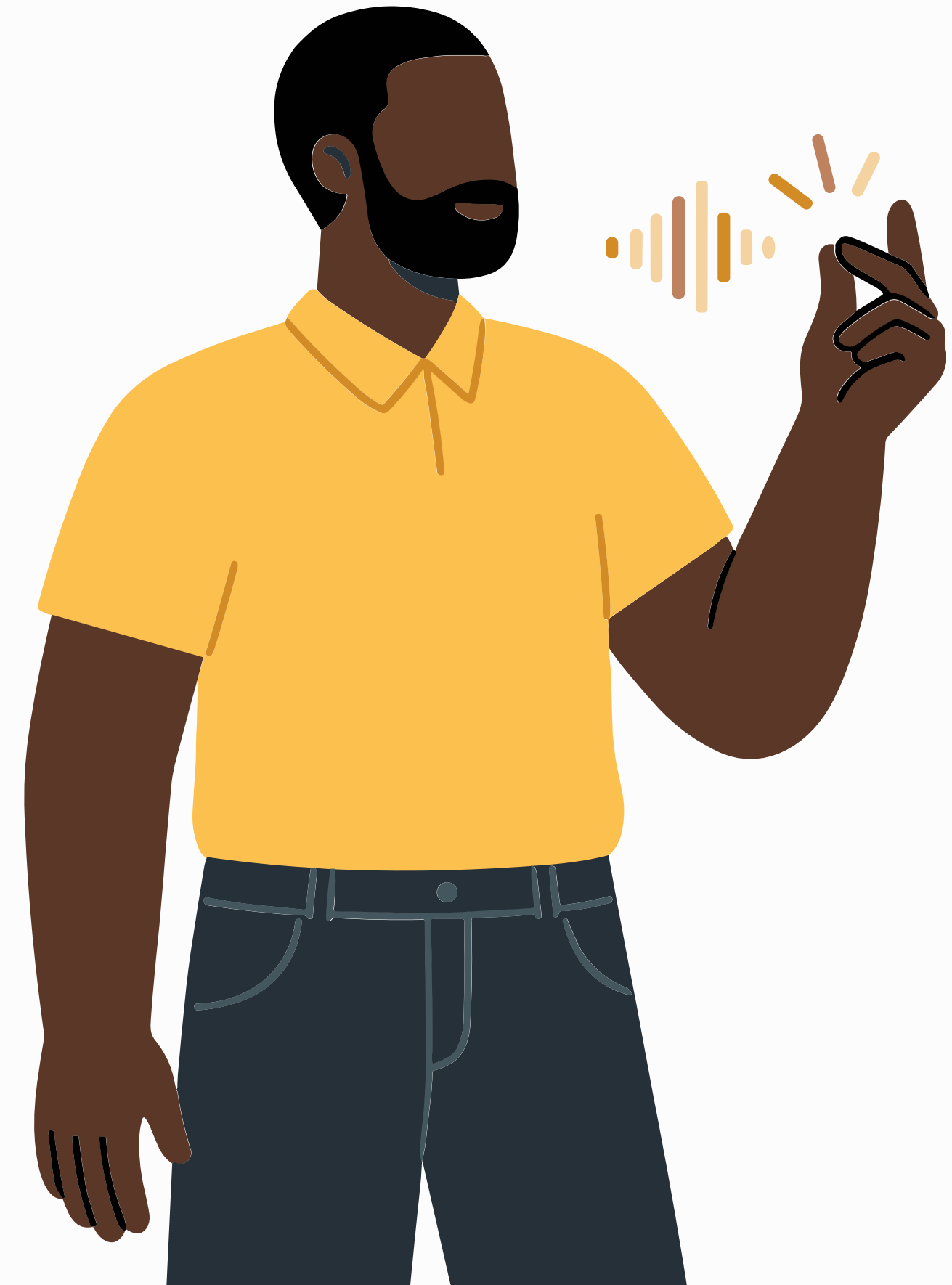
- Who are you?
- What are you passionate about?
- What is important to you right now?

About Lambeth

- What do you love about Lambeth?
- What makes your community special?
- What would you like future Lambeth to be like?

About the Future

- Where do you hope to be in 20 years?
- What kind of life do you hope to have?
- What are your dreams and ambitions?



END WITH THIS STATEMENT

Please finish your recording by saying:

"Future Lambeth includes me because..."

Complete the sentence in your own words.



VIDEO LENGTH

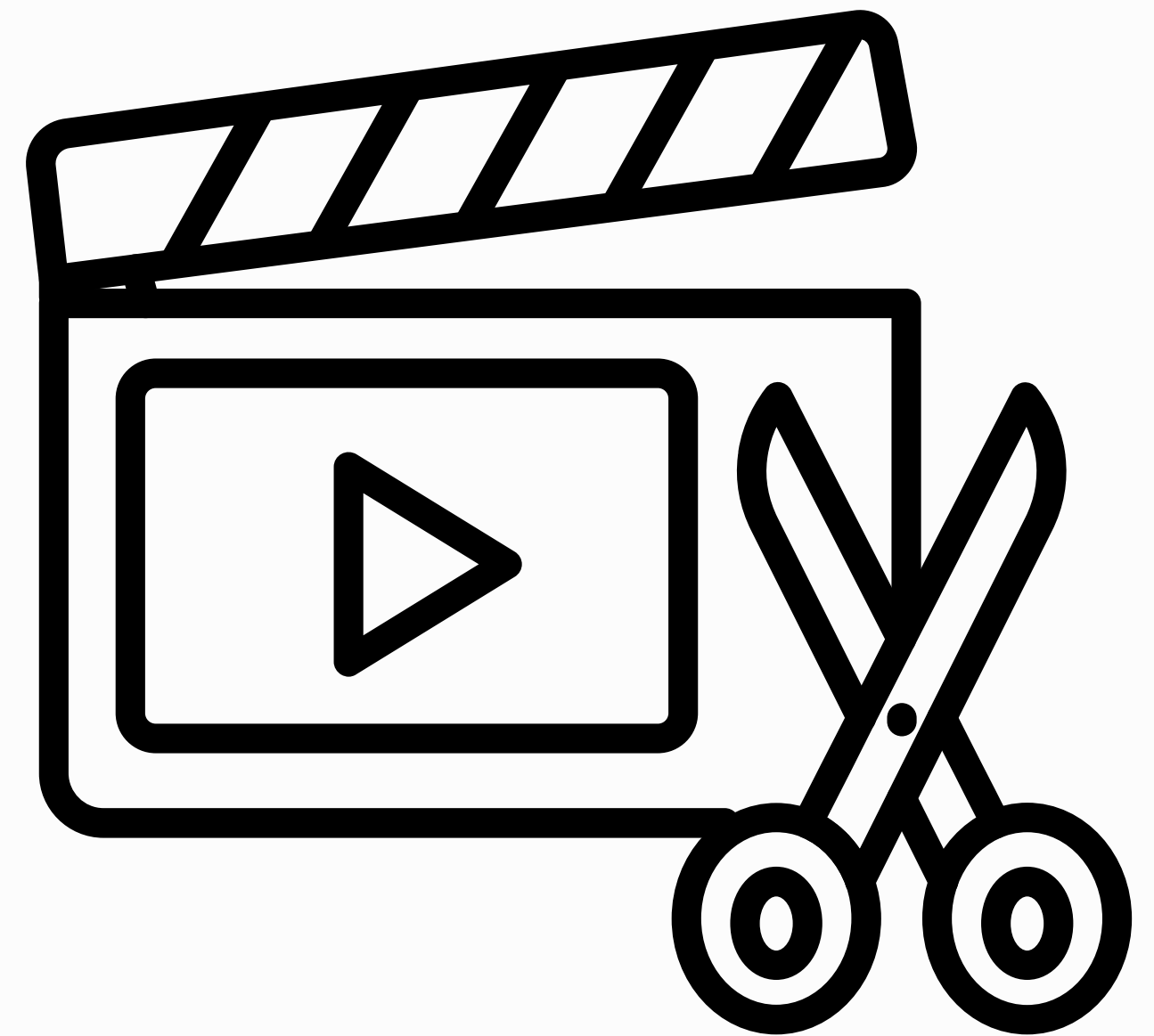
We recommend:

2–5 Minutes

This gives enough time to tell your story while keeping the archive manageable.

If you need longer, that's fine.

The most important thing is that your message feels genuine.



BE YOURSELF



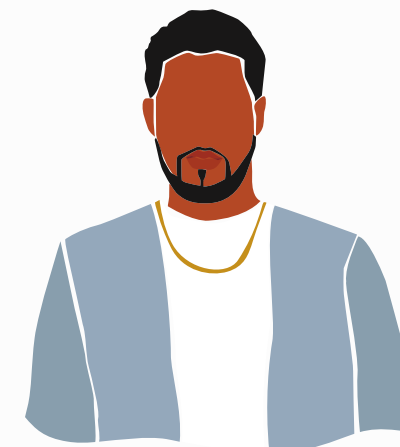
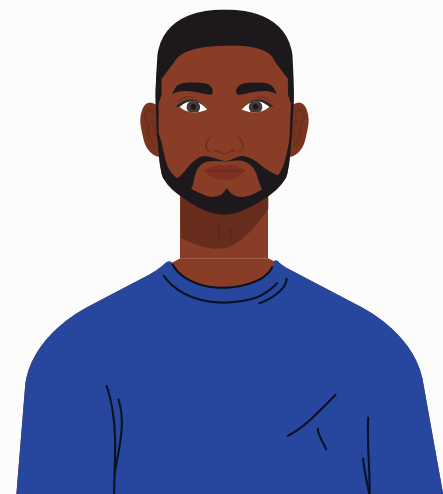
This project is not about creating a perfect video.

It is about creating an honest record of who you are today.

Speak naturally.

Be proud of your story.

Your voice matters.



WHAT HAPPENS NEXT?

We are running this project for a month after which we will compile all the collected films and store them on a hard drive.

In order to get your film to us you can either email it to futurelambeth@blackthrive.org or send it via **Whatsapp** to **07938 819579**

**All videos will be scrutinised for appropriateness
ANYTHING we deem to be dodgy or inappropriate we will give to
the relevant authorities for prosecution.**

**Please don't send us nudes or scenes of violence
and cruelty.**

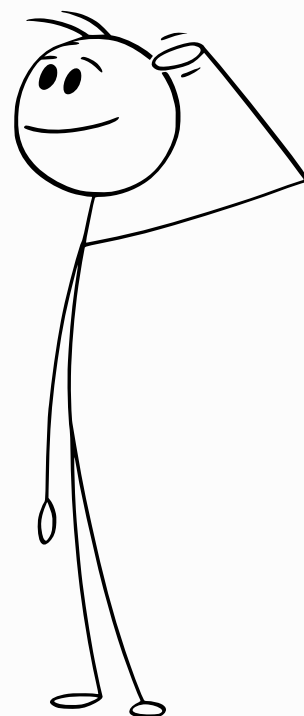


A MESSAGE TO THE FUTURE

Twenty years from now, someone may be watching your video to understand what life was like in Lambeth today.

This is your chance to leave a piece of yourself behind.

Thank you for helping create the story of Lambeth's future.



**THANK
YOU**



lambeth.blackthrive.org