



## Photography session tips

Here are some top tips to get you started on taking the perfect photo.

1. Setting up an image - if you can, remove any distractions from the shot so the viewer doesn't get distracted.
2. The subject - every photo has more than one shape. If you have an idea then shoot it from 2 or 3 slightly differing angles. You never know when one may jump out as the best. Take at least 2 photos of each angle to avoid unwanted movement, etc.
3. Story telling - try and shoot the story with 3 or 4 pics from different distances - for instance - room setter, facial shot with expression, close up of any objects to do with the story, 'doing' shots.
4. Single photo - a single image that tells the story in one shot (one hand with tablets in as another hand reaches to take one) makes a strong image.
5. Create interest - everyone loves to try to solve riddles. Find an alternative angle on something that is not easily recognisable at first glance. Make sure the caption explains it and also get a shot that shows the item from a more recognisable angle.
6. The eyes of a face can create the most compelling interest and get people to read an accompanying story - looking at the camera creates a bond, looking away creates questions - capture as smile, sadness, in distant thought, etc.
7. Use light as a friend - silhouettes against windows, etc, give the feeling it could be anyone anywhere, using window light or flash brightens them up and pulls a person out of the room.



8. As not every sharp photo is brilliant, not every blurry photo is bad. sometimes blurry can convey movement or sadness or time.
  
9. You have better knowledge of your individual subject better than anyone - use it (show them what you see, day to day). You have better knowledge of your individual subject better than anyone - Explain it (write information to go with it that they can understand).
  
10. Don't be afraid to create, if you take a photo then the worst that can happen is that it isn't used, if you don't take it then a great shot that would have got people thinking will never be seen.

## **Carers Fest community reporters programme**

Thank you for supporting Gaddum and Carers Fest. This event is taking place on Saturday 15 June at the People's History museum and is an opportunity for carers of all ages from Greater Manchester to come together. The event is during national Carers Week which this year the theme is connectivity.

This is where we would love your support with sharing the realities of carers in everyday life.

We would love it if you could post on Facebook or Twitter tagging @carersfest any pictures or video of your experiences. Pictures could include:

- The clock in the doctor surgery
- A cup of tea
- Images of medicines
- Picture of you and the person you care for

Images will need a comment of why you have taken the photo.

Alternatively, you can email [carersfest@gaddum.co.uk](mailto:carersfest@gaddum.co.uk) with your comments and we can post on your behalf.-keeping your name private.

At carers fest there is also the opportunity to be an onsite reporter with Photography expert Colin Horne –if this is something you are interested in please call Charlotte on 0161 834 6069 or email [carersfest@gaddum.co.uk](mailto:carersfest@gaddum.co.uk)