

Campaigning for Social Change

Written Diary



If you have any questions ring Ruth on 01274 236468 or, From October, you can ring John on 01274 236494 They will ring you back so you do not have to pay.

or email socialchange@bradford.ac.uk

Ruth or John will get in touch during the month of your diary to see how you are getting on. They will also contact you at the end of the month to arrange the collection of your diary, and to arrange a follow up interview.

Instructions for keeping your diary

Thank you for agreeing to help us with the Campaigning for Social Change study by keeping a written diary for a month. The aim of this diary is to help us know what you are thinking and doing over a month.

We will use your name next to quotes from your diary unless you have already told us that you do not want us to use it. **If you haven't chosen a pseudonym but decide at some point that you would like to use one, please write it here and we will make sure that we always use it when we mention or use any material created by you**

Helpful Background Information

When it comes to us analyzing and writing up the diaries and interviews, it would really help us if we knew some background information about you. We would be grateful if you could let us know the following information (or as much as you want or are able):

Sex (Male / Female)

Date of Birth:

Town/ County that you were born in:

Where you live now:

Relationship Status (Married/ Civil Partner/ Co-habiting/ in relationship/ Single):

Do you have a religious faith? Eg Christian, Muslim, Jewish, Hindu, Sikh

If you have previously been (or are) an activist or member of a political party/ union/ organization can you tell us the name of the group(s) and how long you have been involved:

Keeping a diary over a month takes a lot of time and effort and we know that you may not be able to keep it every day. Some days you may want to write a lot, other days you may not want to do anything at all. That is fine. What is important is that you keep your diary when you want to and are able. If you want to take a break or forget, that's okay, just start the diary again when you are able. Whilst it would be great if you were able to write a bit every day, even if you only manage to keep your diary for a few days that will also be very useful.

- **WRITE OR DRAW ANYTHING YOU LIKE that you feel captures 'the moment'**. You might want to write about a newspaper headline or cartoon that you have seen, or an interview that you have heard. We want you to write about anything that tells us about your life as a person involved in speaking out, bringing about change and campaigning.
- **WRITE AS OFTEN AS YOU LIKE no matter how unimportant the situation seems to you**. For example, if you felt really good after making a phone call to complain about something or if you were completely exhausted after speaking at a conference – tell us how you feel. If you are not sure whether to record something or not, please do! We would rather have more thoughts than less.
- **DON'T WORRY ABOUT YOUR HANDWRITING, SPELLING OR GRAMMAR**. Just try to write or draw what you feel.

Special instructions for what to record

We are specifically interested in the activities which you are involved in to bring about change in your community or society at large, for example letter writing, attending meetings, speaking at national conferences or local events, signing petitions, keeping a 'blog', campaigning, talking to the media and so forth.

We would like to know:

- **WHAT** did you do?
- **HOW** did you get involved in doing it?
- **WHY** did you do it?
- **HOW** did it make you feel (both before, during and after the activity)?

We would be very grateful if you could also talk about the following:

1. How campaigning affects you

For example you might write down your thoughts immediately after you've done some campaign work or spoken out. If the event does not involve leaving the house you might tell us about how the activity affects you and your family at home. Also, if you feel campaigning has changed your outlook on life, or how you feel about yourself in anyway, please tell us.

2. What motivates you to campaign

For example, you might tell us about something you feel strongly about which motivates you to speak out, or if anything in particular prompted you to campaign this time. You might also ask yourself 'what keeps me going' – and write down your thoughts on that.

3. The different types of support you need to campaign

You might tell us about the individuals and groups that you rely on for help and support e.g. family members, fellow campaigners, colleagues, friends, professionals. Or you might want to discuss the range of technology and equipment that you use to support your campaign activities, such as computers, mobile phones etc. Remember, we are interested in **all** your support needs, including those of a financial nature and transport.

4. Please tell us how campaigning benefits you and other people

You might want to write about something that has happened as a result of your campaign activities, or which you feel would not have happened if it were not for the campaign. You might want to tell us your thoughts about the social benefits of campaigning – for example new friends, having fun and a chance to travel.

5. It would also be really useful to us if you felt that you could tell us a little about **your background** e.g: where you were brought up and went to school; if you had an apprenticeship; went to college or University; some of the different jobs or roles that you have had; interests that you had and those you still have.

Using your notebook

When we interview you in a few weeks time we will be asking you questions about the diary that you have kept. **It would really help us if you could write the date at the top of each diary entry.**

You may also want to use the diary to stick items in (eg train tickets, newspaper articles, conference notes, emails etc), draw pictures or write poetry. You can also use the diary to write down any feelings you have about speaking out and campaigning, or to tell us how you feel taking part in this study.

It would also be really useful to us if you felt that you could tell us a little about your background

for example:

- **where you were brought up and went to school**
- **if you had an apprenticeship, went to college or University**
- **some of the different jobs or roles that you have had**
- **interests that you had and those you still have**

If you want to let us know some of these things then please feel free to write them in the diary.

What to do if you need help

PLEASE DO NOT HESITATE TO CONTACT US IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT KEEPING YOUR DIARY

We will contact you during the second week to see how you are getting on, and to answer any questions. If you get stuck, have any questions or just want to talk to us about the project, please ring us at any time. If we are out then leave us a message and we will ring you back.

You can phone Ruth on 01274 236 468 or John on 01274 236494 (from October). We can ring you back so that it does not cost you anything.

If you prefer, you can email us at socialchange@bradford.ac.uk

Example of Written Diary:

Diary 12 May 2009

Email today as part of the Alzheimer's Society active campaigners network. Newsletter has gone round asking people to lobby their MEPs before June 4th elections.

Sent out three letters to West Yorkshire area and three to Kent area. Will wait and see what response if any that I get (cynical or realist?). Does this type of campaigning actually work? How many MEPs who receive letters will actually do something about this or will they just say that they will in order to get my/our vote(s)? How many replies will I get from the 6 letters and when? Whilst sending these letters may not bring about change and may achieve nothing, not sending these letters means nothing can change.

Name of MEP	Letter sent	Letter Reply received
Mr Hannan	12/5/09	No
Ms Bowles	12/5/09	No
Mr Skinner	12/5/09	No
Mr McMillan Scott	12/5/09	No
Ms McAvan	12/5/09	1 June 2009
Ms Wallace	12/5/09	No

4th June 2009 – European Election day

Got back from a visit today to find a photocopied letter from Linda McAvan, Labour MEP for Yorkshire and Humber. It looks mass produced and scrappy but at least it was a reply before the election which happens today. I've heard nothing from the other 5 candidates.

Linda's reply says that she has been "involved in raising the profile of brain related conditions in the European Union for many years" she continues the rest of the paragraph discussing her work on brain disorders. The letter seems to me like a broad brush stroke, cover-all, to make it seem like she is active on issues around dementia whilst really she has done work on brain disorders in the broadest possible sense. There is nothing in the letter which states what she has done personally or what she is committed to do in regards to dementia if re-elected. The letter is non committal at best and that whole pat answer format with no tangible commitments makes me feel angry and fobbed off!