Thank you for your interest in advertising an involvement opportunity with us. We have around 4k page views a month to our website, and we try to promote involvement opportunities via our social media and newsletters as well, giving us a reach of over 9000 people. Please complete this form and email it to: [hello@shapingourlives.org.uk](mailto:hello@shapingourlives.org.uk)

A few tips on submitting your opportunity:

* When completing this form, please refer to yourselves as “they” or use your organisation name, because we want to make sure visitors understand it is your opportunity not a Shaping Our Lives project, e.g. *Bedfordshire Help are looking for participants to be involved with their new project…*
* If you use acronyms please write them out in full in the first instance.
* Please use plain English as much as possible and avoid jargon.

We currently list involvement opportunities for free, but if you would like to make a donation in support of our work and as a thank you, it would be much appreciated.

Here’s the link if you’d like to: [Support Us - Shaping Our Lives](https://shapingourlives.org.uk/support-us/)

**Name/ title of opportunity:**

**Summary:**

Please type here what the project is all about and who you are, and what outcomes you’re hoping to achieve.

**What you are looking for:**

Please list the type of participants you are looking for.

**Expected commitment from participants:**

Time/ activities/ where and when these will take place if you have confirmed dates

**Commitment to inclusion:**

How will you help participants to overcome any barriers to participation? For example, meeting their access needs, flexibility of time or location, providing adjustments and accommodations, paying for expenses, translation, accessible formats for documents etc.

**Closing date to apply:**

**How to apply:**

Any relevant contact names, emails, links to relevant webpages with application forms etc.

**Involvement payment details:**