

# Guidelines for Sharing Your Story with PiCC United

At **PiCC United**, we believe that real change starts with real voices. Whether you're a patient, a carer, or someone passionate about making healthcare better – your experiences and perspectives matter.

We warmly invite you to contribute to our **community blog**, where personal stories help others learn, reflect, and feel less alone.

You don't need to be a writer. You just need to have something you want to say.

## Why share a blog post?

A blog post is a short piece of writing (typically 400–700 words) where you can:

- Share a personal experience related to health or care
- Talk about something that matters to you
- Help others understand a complex topic in a simple way
- Spark reflection or conversation
- Link your experience to broader changes or projects

Your story will be shared on **PiCC United's website** and may inspire readers from many countries who are working with or interested in **patient and citizen involvement**.

## What can you write about?

Here are some ideas to get you started:

- A personal journey as a patient, carer, or advocate
- Something you wish healthcare professionals or systems better understood
- A project or initiative you've been part of
- Thoughts on how patients can be seen as **partners**, not just participants

You don't have to write formally or perfectly. We welcome personal, honest, and clear voices. It's **not** about academic language – it's about connecting with others.

## How to get started

Do you have an idea – or are you just curious?

Reach out to **PiCC United** through our [contact form] or reply to one of our open invitations.

We're happy to:

- Provide a simple writing template if you'd like help getting started
- Support you with brainstorming, editing or proofreading
- Translate your post if needed (please write to us in **English**)

**You have something important to say – and we're here to help you share it.**

Don't hold back. Someone out there might really need to hear your words.