



During a time when touch has been restricted, we've had to explore different ways to express our appreciation, care, empathy, and love.

Our current question “**How can we live without touch?**” invites people to share their thoughts on touching and being touched.

If you would like to contribute, we would love to hear from you. We're not looking for a particular answer, and we want the space on our website to reflect the diversity of experiences and lives of all sorts of people from everywhere.

Here's the task: **Tell us what touch means to you. You can say whatever you want; all responses, thoughts, feelings and emotions are welcome.**

If it's a video, please film it in landscape (wide rather than long) format.

If you wish to write something please keep the response to one side of A4 paper. If it's a handwritten piece or a drawing please take a photo and send it to [artisticdirectors@feveredsleep.co.uk](mailto:artisticdirectors@feveredsleep.co.uk) adding your name and location (e.g. Femi, Newcastle).

To make the content on our site more accessible, we would love it if you would record an audio version of your writing. [Click here](#) for some tips on how to do so.

If you are under 18 any videos or audio recordings must be sent to us by a parent or legal guardian, who by sending it gives their permission for us to upload it to our website.

Thank you for taking part.