

Fevered

Sleep



We've noticed that despite this immensely difficult time of uncertainty, loss and hardship, many people have been able to find courage and comfort by imagining and talking about how things might be, or will be in the future.

Our current question **"Where can we find hope?"** invites people to share their thoughts on hope and being hopeful.

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 makes you feel hopeful. 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 adding your name and location (e.g. Femi, Newcastle).

We would love it if you would record an audio version of your writing. If you would like to, [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.