

Celebrating 25 years of regulation

Thank you for taking part in our 25 years of regulation campaign. We can't wait to share your story in a social media campaign that aims to:

- mark 25 years of SSSC regulation
- highlight the benefits of regulation
- reflect on how far the social service sector has come
- celebrate the valuable work you do
- reflect on how far the social care sector has come
- look to the future across the sector.

What we need from you

Ideally, we would like to bring your story to life with a video clip, but we understand that not everyone is comfortable in front of the camera, and we want everyone to get involved, even the camera shy.

You can record yourself on your phone, Teams or laptop. Don't worry if you need several attempts, we can edit your clip to take out the 'ums' and 'ahs' and any other bloopers. The clips only need to be around 30 – 50 seconds.

Camera shy participants can send written responses to the questions below, with a few sentences for each question and a photo of yourself that you'd be happy to share.

Video clips, written responses and photos can be emailed to nichola.stark@sssc.uk.com by Monday 24 August.

We will also need you to complete our consent form. [Consent for the Scottish Social Services Council \(SSSC\) to use my personal data](#)

Questions to consider

Please try to answer all the questions.

- What does being #SSSCRegistered mean to you?
- How has registration helped you grow in your career?
- How do professional standards influence your day-to-day practice?
- How does regulation help you provide better outcomes for people who use services?
- How does regulation help build trust with people you support and their families?

Video tips for self-record

- Switch on airplane mode to avoid interruptions from calls or messages.
- Make sure your battery is fully charged.
- Check you have enough memory to record and potentially re-record.
- Use your phone's tap-to-lock focus feature.
- Keep your camera stable using both hands, a selfie stick or portable tripod. Or prop it up on something like a pile of books.
- Check the video quality in your phone camera settings, ideally it should be 1080p at 25fps.
- Move closer to the camera rather than using zoom.
- Clean your lens with a lint-free cloth.
- Record portrait (vertical) for social media reels or stories.
- Stay close to the camera for clearer sound.
- Film in a well-lit area, preferably facing a window.
- Make sure you are fully in the frame. Your belly button should be at the bottom of the frame with a hand's worth of space above your head.
- Set up in a plain, organised background.
- Be clear on what you want to say and the message you want to convey.
- Keep your video short and engaging, especially for social media.
- Take your time, so you're happy with your video.
- Watch your video back for any issues and re-record if you're not happy.

We can send you more detailed guidance on how to use your phone, laptop or Teams to record your video if you need it. Please just ask.