How to use these cards

Between **31st October and 17th November** you can take part in Nort Natters using Conversation Cards:

Set a time on your own or with a group you meet.

Grab some supplies for you or your group so you can draw or write, for example pens and markers, and print these Conversation Cards.

Draw or write your answers to the 3 questions in the Conversation Cards below.
You can do this either:
- Sitting somewhere inside
- Going around for a walk where you live, work or study

Tell us **how many people** used your Conversation Cards: _____
If you went on your own, please write "1".

Send photos of this page and the completed Conversation Cards to nortnatters@nesta.org.uk or **mail** the cards to SIC Community Planning and Development, (FAO Ana Arnett), Solarhus, 3 North Ness, Lerwick, ZE1 0LZ. **Responses must be received digitally or by post on or by Thursday 17th November.**

What next? We will share a summary of what we heard from you to plan next steps together at a workshop on 29th November. Find out more on the Council webpage by scanning the QR code or on https://www.shetland.gov.uk/nort-natters

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Think about your life here in the North Mainland: where you live, study or work, how you move around, where you go how these places make you feel and what helps you to stay well.

What do I like about living or working in the North Mainland? Why is this important? *Write or draw your answer below.*

What area do you live in? _____

Think about your life here in the North Mainland: where you live, study or work, how you move around, where you go how these places make you feel and what helps you to stay well.

What changes in the North Mainland and across Shetland would make a difference for me and my loved ones? *Write or draw your answer below.*

What area do you live in? _____

Some of the changes will be led by the Council and other organisations, and some will be led by people who live and work in the North Mainland.

What would help these changes happen and what can I do?
Write or draw your answer below.

What area do you live in? _____