



could photograph which was orange so I asked my local neighbourhood community Facebook group. It was lovely making contact with people and I built up some nice little relationships based around the photography - it has expanded my world. I had something I could relate to people about that wasn't my illness

"It not only gives me something to do also but something to think about. The photography fills my mind - I love coming up with ideas for projects".

Celia is one of many who has ME and has discovered a photography project online which has become a catalyst to transform her life for the better. Firstly in her home environment, then just outside the door, and then, one step at a time, further afield.

Another project set by Well Image was portraiture. Celia eventually managed to reconnect with old friends she had met many years before in an amateur dramatics society, who were happy to be photographed.

Celia, with the support of friends, also managed to visit a local arts centre exhibiting her pictures.





