



# How to add our isupportcause frame to your profile picture

1. Go to [www.coeliac.org.uk/isupportcause-frame](http://www.coeliac.org.uk/isupportcause-frame).
2. Opt to use your Facebook or Twitter profile picture, or upload a new picture to apply the frame to.
3. Scroll down and click 'Generate profile picture'.
4. For Facebook or Instagram, select option 3 'Download picture', then log on to your social media account and upload this picture to your profile.
5. For Twitter, select option 2 'Make profile picture' and follow the instructions on screen.

**Thank you for sharing your support for  
Gluten Free Community Week.**

**#gfcommunityweek**

**coeliacuk**  
live well **gluten free**

