Instructions on how to download the MP4 files:

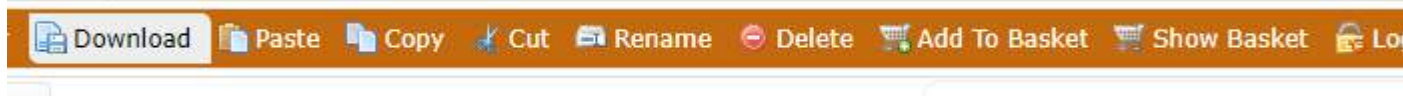**Url to access Crush Cloud is**: https://crushcloud.co.uk
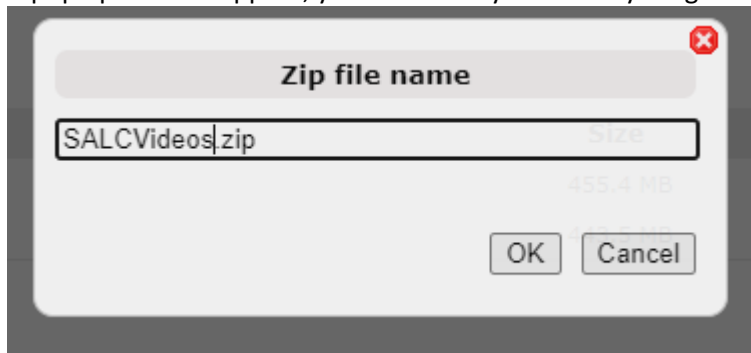Username: savealifecymru
Password: Cymru567!

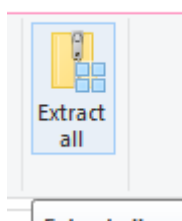One you're logged in. Select the checkbox next to the videos:
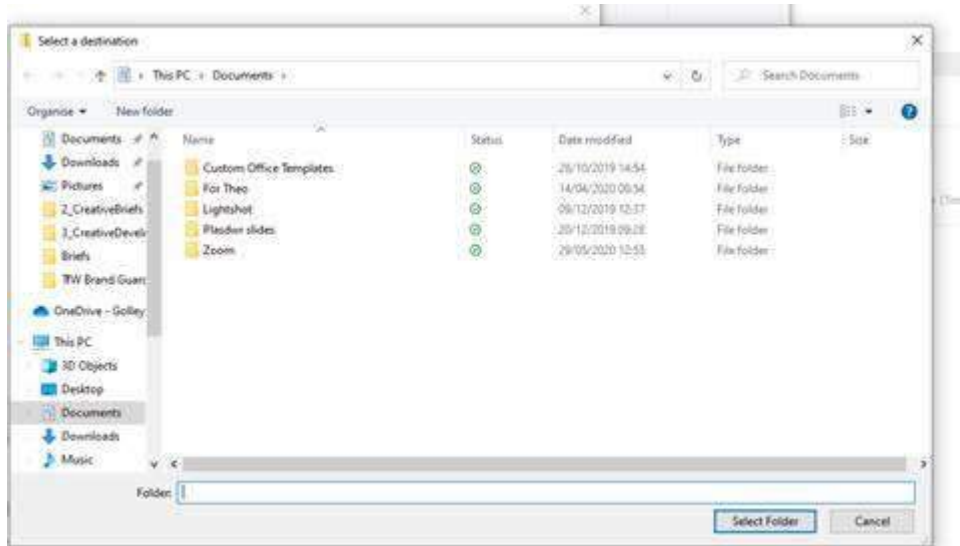

Then hit download:

A pop up box will appear, you can name your file anything before downloading. Then hit ok
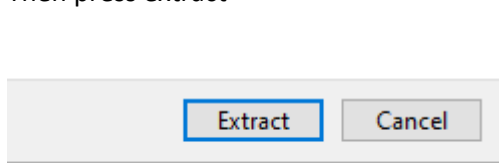

Once downloaded to your computer, open the folder and click "Extract all"

Select where you want to save them and click "Select folder"

Then press extract

Once they've extracted, they'll be wherever you've chosen to save them.

Good luck.