



Sir Norman Lamb
Mental Health &
Wellbeing Fund

Art and Poetry Competition

Official rules

Competition terms:

- 1 The competition is free to enter.
- 2 The competition is regional and is open to all young adults living in Norfolk, aged between 18- 25 years.
- 3 The competition is open to both amateurs and professional artists/writers.
- 4 Theme: **Nature and Environment**. All art and poetry entries must be on competition theme.
- 5 Applicants can only enter once, in each category of the competition.
- 6 Submission entry forms must be signed and all sections completed.
- 7 All entries must be applicants own work and they must hold copyright and intellectual copyright of their work.
- 8 All submitted work should be suitable for public viewing (where in doubt, the adjudicators will make the final decision.)
- 9 Submitted artwork can be on canvas/ paper/ mixed media. Photocopies or photographs of artwork are not acceptable.
- 10 Maximum size of submission of artwork is A2 size, including frame.
- 11 Submitted poems should be in English, not exceeding 40 lines and sent as word document or PDF.
- 12 Submitted poems should be on single sided paper. No identifying marks on paper, just the title of poem on each numbered page.
- 13 Judges from regional Colleges, Universities and the independent sector will judge each of the category of the competition.
- 14 The winning entries will be featured on a charity website for raising awareness of mental health and well-being issues in young adults, following results of the competition.
- 15 Following consent of applicants, organiser will hold an exhibition of submitted art work for public viewing and/or sale at the prize giving event. (dependent on lockdown road map.)
- 16 The winning and shortlisted poets will have opportunity to read their poems at the prize giving event.
- 17 All submitted art should be insured by the entrant.
- 18 Entrants should retain the proof of postage, and photographs of any artwork submitted.
- 19 Email submissions of poems will be acknowledged by return email.
- 20 The competition organisers cannot take responsibility for loss or damage in transit of competition entries.
- 21 The organiser is not held responsible for any damage or loss experienced as a result of participating in the competition or parties related to him/her/it
- 22 Entrants must make own arrangements to collect unsold art work or arrange for return of art work following public viewing and exhibition sale (collection from Muspole Studios, Norwich).
- 23 Any surplus monies raised will go to the Sir Norman Lamb Mental Health and Wellbeing Funds.

- 24 In the event of insufficient fundraising the competition will be cancelled and the funds raised go to the Sir Norman Lamb Mental Health and Wellbeing funds to support voluntary workers helping young adults in the community.

General rules:

- 1 To take part in the competition, the entrant must agree to the official rules.
- 2 By submitting work online, the entrant agrees to these rules.
- 3 By entering the competition, the entrant acknowledges that the submitted artwork is their own original work, and that they own full copyright and intellectual property rights.
- 4 Poems should not have previously been published in print or online and should be no longer than 40 lines long.
- 5 All copyright during and following competition remains with the entrant. The organiser may display the winning and shortlisted work on the charity website and their social media channels (for raising awareness of mental health issues in young adults).
- 6 Prior to the winner's announcement on website the winners will be informed personally via email or mobile.
- 7 All entries must be received by 5pm on ~~Friday 30th July 2021~~. **EXTENDED TO 14th AUGUST**
- 8 If the winner does not respond within 72 hours after being contacted by organisers alternative winner will be selected.
- 9 Winners of the competition will be announced on charity website and social media 6th September 2021.
- 10 The judges' decision is final and they will not give feedback on individual work.
- 11 The organiser/judges reserve the right to withhold a prize if no suitable entries are received.

Awards and Winners:

The determining criteria for the Art competition will be: originality of art work, quality, technique and interpretation of the competition theme.

The determining criteria for poetry competition will be: engaging narrative voice, clear communication, originality, and thematic relevance.

Judges from regional Colleges, Universities, Creative Writing Circle and independent sector will be judging and selecting winners from respective categories of this competition.

There are three prizes in each category for 18 -25 years age group.

1st Prize £350

2nd Prize £250

3rd Prize £150

There is one prize in each category for outstanding entry for 18-20 years age group.

Outstanding entry in Art: £200

Outstanding entry in Poetry: £200

Additional information; how to submit:

To download Art and Poetry Competition form go to:
www.newleafmindfulart.co.uk/fundraising

Hard copies of application forms will be available from some bookshops and art shops. For entries to be valid, application form must be signed and completed. Proof of postage must be retained and photographs and/ copy of written submission retained. Applicants to make own arrangement for collection or return of submissions.

Address for postal submission and deliveries to:

**NewLeaf MindfulArt Studio
19 Fletcher Close
Tunstead
Norfolk
NR12 8RA**

**Hand delivery and collection from:
Newleaf Mindful Art Studio 10
Muspole Workshops
25 - 27 Muspole St
Norwich
NR3 1DJ**

**Hand delivered submission on 16th, 23rd & 30th of July between 12 -5 pm.
To request hand submission on any other days please write to
newleafmindfulart@gmail.com.**