

COMPETITION

Greater Manchester West Recovery Academy is looking to produce a publication to support our principles of inspiring hope and challenging stigma.

We are looking for short pieces of inspiration from service users, carer's and people with lived experience of mental health difficulties and/or substance misuse problems.

The criteria for these short pieces are:

- ♦ A short story, poem or piece of art-work;
- ♦ No more than one side of A4 paper; and
- ♦ Be inspirational to others, giving messages of hope and recovery.

All entries must be returned to Claire Watson, Recovery Academy Lead, Greater Manchester West, The Curve, Bury New Road, Prestwich, Manchester M25 3BL

(Please don't forget to include your name and contact details when returning your entry)

By: 30th June 2016

All entries will be put into a prize draw to win a £50 WHSmith voucher which can be used to support your artistic/creative talent, and 20 winners will see their work in print as part of this publication.

**The final publication will be launched as part of:
National Mental Health Awareness Week in October 2016**

