



# Open Your Mind!

What you do can make the difference.



## Poetry Competition

As part of Mental Health Week a Poetry Competition is jointly run by the SA Writers' Centre and the Mental Health Coalition. This competition is open to everyone (not just those who have lived experience from a mental illness) and has six categories.

Poets are requested to write a 4-12 line poem about an aspect of Mental Health and enter under one of the following categories.

- Masters: Individuals who are 65+.
- Youth: 12 to 18 years old.
- Open Rural: Applicants from country areas (all ages).
- Indigenous & Multicultural: Aboriginal /Torres Straight Islanders or individuals with multicultural decent.
- Carers: A person caring for someone with a mental health issue or illness.
- Open Metro: Individuals who live in the local metropolitan area(18-65yrs).

The winners will be announced at the Mental Health Words Evening on Thursday the 14th of October, 2010 at 6pm at the SA Writers' Centre.

The Words evening will feature comedians from the Cracking Up Comedy Project and the 2010 Jill Blewett Playright's Award Winner Nina Pearce.

The winners will receive a hand painted canvas with the words of their poems as part of the painting's imagery by artist and Ticket Writer Sue Morrizi.

Please contact the Mental Health Coalition of SA or visit our web site to download the application form. Entries can be sent into the MHCSA via Post, by Hand Delivery or by Email.

**CLOSING DATE: 10th September, 2010.**

**Contact Details:** MHCSA, Level 1/408 King William Road, Adelaide SA 5000

**Tracey Davis** T (08) 8212 8873 F (08) 8212 8874 E [tracey.davis@mhcsa.org.au](mailto:tracey.davis@mhcsa.org.au) W [www.mhcsa.org.au](http://www.mhcsa.org.au)



# Poetry Competition

Closing Date: 10th September

(Please use extra sheets if required)



Please fill out this form and return it with your poem to the Mental Health Coalition of SA (contact details below)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile No: \_\_\_\_\_

Email: \_\_\_\_\_

Title of Poem: \_\_\_\_\_

Please indicate which category you wish to place your entry under:

- |                             |                          |                |                          |                    |                          |
|-----------------------------|--------------------------|----------------|--------------------------|--------------------|--------------------------|
| Open Metro:                 | <input type="checkbox"/> | Open Rural:    | <input type="checkbox"/> | Carers:            | <input type="checkbox"/> |
| Indigenous & Multicultural: | <input type="checkbox"/> | Youth (12-18): | <input type="checkbox"/> | Masters (65 yrs +) | <input type="checkbox"/> |

## Terms and Conditions

1. Selection of poems and judging of the award will be made by two nominated judges. Their decision is final and no correspondence will be entered into.
2. There will be 6 winners, one in each category.
3. Winning poems will be hand painted on individual canvases and exhibited in the Atrium of the SA Writers' Centre for the duration of 4 weeks (after the Words Evening Event) before being given to the poets.
4. Each winner will receive their poem hand painted on a canvas.
5. Entry is restricted to one poem between 4 and 12 lines long.
6. All entries are to be the original work of the poet whose name appears on this form and must have been written in 2009 - 10.
7. No names on poems - only on the entry form.
8. Please mail, email or hand deliver your poem and entry form to the MHCSA. (see below)
9. Completion of entry form and submission of written work will constitute acceptance by the artist of these conditions of entry.
10. The winning poems will be announced and read at the Words Evening on Thursday 14th Oct at the SA Writers' Centre.
11. Discounted membership at the SA Writers' Centre is available for winners only.
12. The organisers of the competition reserve the right to continue to promote the winning poems from Oct 2010 to Oct 2011 and to reproduce them in print form at any time.