

We are hoping to see writing that ranges from the encouraging, uplifting and beautiful, to the humorous and laugh-out-loud funny. You can write from your own personal experience or from your imagination, but please make sure the language and tone you use will be acceptable to a mixed audience and age-range.

Please don't feel too restricted in the topic for your writing – we will be happy to receive contributions on a wide range of subjects.

Think about the positive effect your words might have on the reader as being the most important reason for your writing.

How to send in your submission:

Either, send your contribution pasted into the body of an email, or as an email attachment, to: writing.year@cumbria.nhs.uk

Or, post it to the editor:
Carol Ross, Upper Rowanwood,
Carleton Clinic, Cumwhinton
Drive, Carlisle CA1 3SX.

We will try to return postal submissions, provided you enclose a stamped addressed envelope with your submission.

Whether you send by post or email, be sure to keep a copy for yourself.

Contributions needed for New Book...

Do you think you could write an uplifting poem, short piece of prose, or story?

Do you love writing creatively?

Do you believe writing helps your wellbeing?

If you answered yes to any of these questions, and you live or work in Cumbria, why not send in some poetry or short prose to be considered for a new **'Words for Wellbeing'** book?

Following on from its 'Year of Writing' project, the Cumbria Partnership NHS Foundation Trust plans to publish a book, with support from a Cumbria County Council Arts Engagement Grant, on a theme of 'Words for Wellbeing'.

The book will include selected poetry and short prose (fiction or non-fiction) that it is hoped will have a positive effect on the wellbeing of the reader.

Topics you might consider:

- A poem about things that help your own wellbeing
- A short article, letter or poem about how writing helps your wellbeing
- An article or poem that will encourage others to feel positive
- A poem, story or short article about recovery

If you would prefer your work to be published anonymously, or would like to use a pen name, please tell us. Otherwise, let us know how you would like your name to appear in the book and give us one or two sentences about you that can also be included. For example, Martha Jones: lives with her partner near Keswick, loves walking in woodland with her two dogs, collecting driftwood on the beach and reading and writing poetry.

Submissions are welcome from anyone who lives or works in Cumbria. The final decision will rest with a selection panel and if your writing is included in the finished book you will receive two complementary copies of the book.

You may submit a maximum of 3 poems of up to 30 lines each, or one piece of prose with no more than 1000 words.

You can send your submission by email (preferred) or by post, but please ensure that your writing is typed and double spaced.

You **MUST** include your name and address (so we can send you two free books if we decide to include your writing), but please put your name and address on a separate page from your writing to ensure that the selection process is anonymous.

In sending in your work you agree to give the Cumbria Partnership NHS Foundation Trust first publication rights to your submitted poems or prose, after which the copyright to your work remains with you.

Any writing you submit must be entirely your own work.

**Closing date for submissions:
31st July 2011.**