



Feeling Creative?

Feel like painting or drawing?

Feel like taking a photograph?

Feel like writing a poem?

If the answer to any of the above questions is 'yes', why not consider submitting your creation to us for inclusion in a calendar or other publications, or for display at our centre?

Sunderland Counselling Services invites clients to submit:

- an original painting or drawing
- an original photograph
- an original poem

Your painting, drawing, photograph or poem might express something about your experience of counselling or advocacy at Sunderland Counselling Services, or might describe or portray something that is important to you. You can give it a title or leave it untitled.

If you don't want us to publish your name, we won't – your work can appear anonymously if you prefer. By submitting your work to us, you agree that we can publish or display your work in various publications and/or in our Centre. If we receive a lot of submissions, a representative selection will appear in our calendar/birthday book, with the remainder being displayed at our Centre or published in other future publications, including our annual reports and general publicity.

Please complete a submission form (available from the above address) and send in your work as follows:

- **an original painting or drawing.** This should be on A4 sized paper and will be scanned.
- **an original photograph.** If possible, you should email your photo as a jpeg or similar digital format attachment or submit on a memory stick. If you don't have a digital camera, then we can accept the photograph itself and we will scan it.
- **an original poem.** If possible, please type your poem on one side A4 and email as attachment. If you don't have access to email or word processor, please submit a legible hand written copy of your poem.

All submissions should arrive by Wednesday 30 June 4pm



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Submission Form

Your Name: _____

Your Address: _____

Your email: _____

Your contact number/s: _____

Which service do/did you attend:

- | | |
|--|--|
| <input type="checkbox"/> Bereavement/Loss Counselling | <input type="checkbox"/> Women's Service |
| <input type="checkbox"/> Caring Together Making a Difference | <input type="checkbox"/> CAMHS |
| <input type="checkbox"/> SAFE | |

Are you submitting a:

- painting or drawing photograph poem

What name do you wish to appear on your work:

Please write your name here as you wish it to appear on your work:

I would prefer my work to be anonymous

Please sign the following declaration:

In submitting this work, I agree that Sunderland Counselling Services may select my work for publication or display in any of their publications or in any of their Centres. I agree that the decision to publish or display my work will be made by Sunderland Counselling Services, and I agree to abide by their decision.

Signed: _____

Date: _____