

2021 Writing Competition

Theme: 'Finding my calm during Covid'

Get your pen at the ready, share your experiences of how you coped during the COVID-19 pandemic and help challenge health stigmas.

The last year has been challenging for us all – we have been living with COVID-19 and have experienced three lockdowns. Many of us have put coping mechanisms in place to deal with these stressful times. We are keen to share your experiences of how you coped through the pandemic and celebrate your achievements. Prizes will be awarded to the winning writers.



Send us a poem, short story, letter, diary entry or blog post (maximum 500 words).

Closing date: Friday 2 July 2021

The competition is open to service users, carers, Trust members, Trust staff, stakeholders, partner organisations and the voluntary sector. If you would like to find out more or request an entry form and guidance, please email dhcft.membership@nhs.net or telephone 01332 623723.

The Trust and its Council of Governors hope that this competition will challenge the stigma around mental ill health, substance misuse, learning disabilities and wider services provided by the Trust, and celebrate equality, diversity and inclusion by giving entrants the opportunity to explore these topics.

Winning entries will be announced at the Trust's Annual Members' Meeting on 9 September 2021 which is being held digitally. Prizes will be posted after the meeting.



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