



JIGSAW DUBLIN SOUTHWEST
PHOTO/ ART/ POETRY COMPETITION 2021

WHAT: Jigsaw Dublin South West are running a creative arts competition to raise awareness of the 5 A Day for Mental Health among young people in the community. All entries will be included in a Jigsaw DSW Hub/digital exhibition and be shared on our social media. 1st-3rd place winners in all categories will be awarded prizes.

We invite any young person aged 12-25 to create a photo or art piece or poem about one of the **5 A Day for Mental Health** which are:

CONNECT
BE ACTIVE
TAKE NOTICE
KEEP LEARNING
GIVE

CRITERIA: All entries must be able to fit in a flat A4 (20x30cm) frame.
All entries must come with a completed entry form.

There are 6 competition categories

- Photography ages 12-15
- Photography ages 16-25
- Art ages 12-15
- Art ages 16-25
- Poetry ages 12-15
- Poetry ages 16-25

INFO: Young people are invited to learn more about the 5 A day for mental health by engaging with the info worksheets provided or looking up info on:

Instagram @jigsaw_dublinsw

YouTube: <https://www.youtube.com/watch?v=5-PV3uwK4RU>

Website: www.jigsaw.ie

WHEN: Closing date for the competition is Fri 16th April / Exhibition will be from 10th May 2021

HOW: Entries can be sent by email to jdswworkshops@jigsaw.ie

Or posted to: Jigsaw, St John's House, Main Street, Tallaght, Dublin 12

CONTACT: jdswworkshops@jigsaw.ie or Medbh 086 0108229 / Sarah 085 8051092