



“Dudley Speaks Out” Creative Writing Competition

Research shows that poetry can bust stigma!

Sometimes writing a poem or a story can promote well being. But have you ever thought that your work could help other people as well as yourself?

Why not enter our creative writing competition for poems and stories on mental health themes. The winners will be used in our Dudley Speaks out project, in which readings of literature by the famous and less famous are used to bust stigma about mental health with mainstream groups.

How to enter....

Either write a story or a poem inspired by one of the following:

1. The Metamorphosis by Kafka

“One morning, as Gregor Samsa was waking up from anxious dreams, he discovered that in bed he had been changed into a monstrous verminous bug.”

http://history-world.org/The_Metamorphosis_T.pd

(First line from The Metamorphosis by Kafka)

OR

2. Write about mental health from the point of view of a stationary object, such as a mirror or a bed

A Free Creative writing workshop based around these themes is being held at Carlisle Centre Victoria St Stourbridge on

April 28: 11.00-1.30pm

Submissions by May 18th 2015.

In order to be eligible to enter you must live in the Dudley Borough and have had a lived experience of a mental health problem.

Contact Emma Marks at Dudley Mind to book a place on the workshop and for more details.

Emma.marks@dudleymind.org.uk

Or telephone 01384 442938