



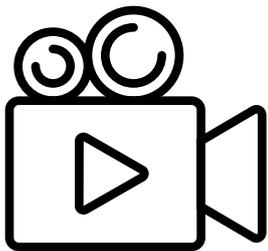
WE WANT TO HEAR YOUR STORY!



We are inviting all young Carers to make a film on your smartphone telling us all about YOUR life as a young Carer. This is your opportunity to be heard and you can work on your own or with a group of friends, so...

Grab your **PHONE**  get **CREATIVE**  tell your *Story*

The competition is open to all young Carers up to 18 years old, and there are three age categories:



The theme of the video is '**My life**' and can be in any of the following three styles:

- For **Instagram**: reels, filmed portrait style and up to 90 seconds
- For **Facebook**: filmed landscape style and up to 90 second
- For the Carer Support Cumbria **website**: filmed landscape and up to 90 seconds

All submissions will be posted on our website and various social media platforms (Facebook, Instagram, Twitter) along with being sent to local newspapers, radio stations and local news outlets (so keep an eye out on TV!)

To submit your entry, send your mini-film (saved as an MP4) and your signed consent and entry form to enquiries@carlisle-eden-carers.org.uk.

Entries close at 5pm on Sunday, April 14, 2024.

ENTRY FORM INFORMATION

Name:.....

Age:

Contact email:

Please attach your consent form, signed by your parent / guardian.