

Lorikeet's Open Your Mind Poetry Competition 2017

It's on again for the fourth year. Our Open Your Mind poetry competition has been growing with more poets entering their poems every year.

This year the poetry theme for Schizophrenia Awareness Week (SAW) 14th-21st May is:

The value of community and inclusion as a foundation for recovery.

- How has community and inclusion helped you as an individual with your journey to recovery? Write a poem about any of the headings below.

COMMUNITY: Support group, club, organisation church, volunteering etc. Being involved and what this has meant to you? Importance of community?

INCLUSION: Feeling connected to your community, family or friends. Feeling welcomed, respected, recognized and or accepted.

RECOVERY: From the perspective of the individual with **mental illness**, **recovery** means gaining and retaining hope, understanding of ones abilities and disabilities, engagement in an active life, personal autonomy, social identity, meaning and purpose in life, and a positive sense of self

- Poems are to be between 4 and 16 lines and have a title. Poets must have a diagnosed mental illness or the carer of someone with a mental illness living in WA.
- Poems are to be delivered by hand to the Lorikeet Centre staff at 104 Cambridge Street West Leederville 6007 or mailed to PO Box 1006 West Leederville WA 6901 or emailed to ernie.hansen@mifwa.org.au or denise.catalano@mifwa.org.au by Friday **12th May**.
- We will have a well-known poet to judge the winner and there will be small prizes for the best 3 poems. Poets may read their poems on Lorikeet Open Day **Friday 19th May.10am-3pm**. To be held at the Lorikeet Centre 104 Cambridge Street West Leederville.

