



Video Competition

1. How to Enter

- 1.1 Make a short video of 1 minute or less to show or tell us 'What you do to look after your Mental Health'.
- 1.2 Complete the Registration and Consent Form and upload it along with your video entry. You must provide your full name, date of birth, location and contact details as well as the full name and contact details of a parent or legal guardian if you are Under 16, in order for your registration to be considered valid.
- 1.3 Now the fun part! Create a video (approximately 60 seconds in length) sharing your story your way. Do you like to go to the beach, a bushwalk or a bike ride? Maybe its Yoga or Zumba? Perhaps it's Pilates, meditation or deep breathing? Is it taking photos of sunsets or doing something creative? Or is it having a trusted friend or a counsellor that you can turn to?
- 1.4 Entry videos and registration forms will need to be uploaded by 4th September 2022. Once you have made the video - Upload it to: Drop Box link via the link found on our Facebook page @LMSPN, Instagram Account Lake_Mac_Suicide_Prevention_Network, the QR code on the poster or this link <https://www.dropbox.com/request/yzZpjAzcdtD4HBWifhKT>
- 1.5 LMSPN Staff will select the best eligible entries to receive prizes and notify winners on RUOK Day 8th September 2022.

2. Prizes

- 2.1 We have a number of Gift Vouchers to be won! This includes:
- 2.2 **12-15yrs** - 1x \$150 Voucher and 2x \$50 Vouchers
- 2.3 **16-25yrs** - 1x \$150 Voucher and 2x \$50 Vouchers
- 2.4 Entries will be judged on their creativity, with the most creative entry deemed the Winner Prizes are awarded based on judgement of a panel of LMSPN Members. Members decisions are final.
- 2.5 Prizes are not transferrable or redeemable for cash.
- 2.6 Prize values refer to Australian currency.
- 2.7 The Winner will be notified via phone and/or email within two (2) weeks of the competition closing
- 2.8 Results will be published on the day the Winner is chosen on LMSPN's Facebook and Instagram accounts as well as the website www.connectedtocare.com.au and will remain on the website for a minimum of 30 days.

3. Terms and Conditions

- 3.1 Information on how to enter and description of prizes form part of these Terms and Conditions. Participation in this promotion is deemed acceptance of these Terms and Conditions.
- 3.2 Entries are open to ages 12+ who live, study and play in the Newcastle and Lake Macquarie Local Government Area's
- 3.3 Maximum 1 minute Video.
- 3.4 Entrants should take care not to include any works which they are not permitted to use in their entry. Examples may include background music or product placement which might offend the intellectual property of the owners.

- 3.5 Submit your entry to – Video Comp drop box via Facebook page, By 4th September 2022
- 3.6 Entrants aged 12-15 will also need to have the parent/carer consent form completed and submitted with their video entry.
- 3.7 Winners will be selected by the LMSPN and will be notified via email.
- 3.8 No Explicit Language and harming images.
- 3.9 As a condition of entering this promotion. an entrant consents to the Lake Macquarie Suicide Prevention and Support Network inc. using the entry in any media for an unlimited period without remuneration.
- 3.10 All entries consent to LMSPN editing, altering or modifying work to ensure the wellbeing of viewers.
- 3.11 LMSPN reserves the right to withdraw or amend the promotion at any time where it becomes necessary to do so. Where the promotion is suspended, withdrawn or amended, to the extent permitted by law. notice of such withdrawal or amendment will be provided on the LMSPN Facebook and Instagram accounts and Entrants may also be notified by email or other means.
- 3.12 To the fullest extent permissible by law. LMSPM shall not be liable for any loss or damage. injury or disappointment whosoever which is suffered or sustained as a result of participation in the promotion (including any damage to the entrant's or any other person's computer. mobile phone or other device as a result of downloading or accessing any materials).
- 3.13 Entrants agree to abide by the rules of any social media platform and entries which do not comply will not be considered.
- 3.14 Entrants consent to their personal information being collected for the purposes of the promotion.
- 3.15 In the event that an entrant is under the age of 16 years. then their parent must give permission for the entry and must accept and agree to be bound by these terms and conditions on their own behalf (as parent/guardian) and on behalf of their child. The parent also provides the various consents set out in these terms and conditions on their own behalf and on behalf of their child.
- 3.16 Entrants release LMSPN and any social media platform on which the promotion is advertised or published from any claims which may result from the improper or illegal or unauthorised use of the platform for the purposes of the promotion.
- 3.17 LMSPN refers to the Lake Macquarie Suicide Prevention and Support Network Inc ABN 54408054987