

# HOW CAN YOUR ART MAKE A BIG DIFFERENCE?

## SHOWCASE – “THRIVE” UNPLUGGED!

**Calling all musicians, writers, poets, artists, comedians**

We are holding a performance showcase of original music, poetry, short story, artwork and comedy which expresses your experiences, feelings or approaches to being well, healthy and happy.

As part of the Mental Health Awareness Week celebrations, this is your chance to perform on stage, at a local venue, on October 7th to showcase your talent and to show that you care about the community we call home.

Artwork submitted will be displayed at Paraparaumu Library during the week, and will have the opportunity to be included in the 'Drift Sessions' artwork - an album by local musician Ryan Edwards focused on mental health.

“Thrive” centres on building some actions into our day-to-day lives that help us thrive, flourish and improve our overall wellbeing.

Get involved in this unique community event by filling out the entry form below and returning it to: Lisa Macdonald, Kapiti PHO Health Promoter, 302 Kapiti Road, PO Box 1496, Paraparaumu, no later than October 1, 2010. Any queries phone Lisa on 04 297 2009.



### Entry Form

Name: .....

Age: ..... Contact Phone Number: .....

Title of Piece: .....

Type (eg literature, comedy, visual art or music): .....

Idea expressed:

- I would like to perform at this event
- I would like this work to be displayed / presented anonymously
- I would like the opportunity for my artwork to be included in the album artwork
- I am happy for my artwork to be reproduced for mental health promotion purposes

Signature: .....