

TERMS AND CONDITIONS

1. This competition is open to residents of Scotland aged 16 years or over, except for employees of NHS 24/ Breathing Space/Living Life ('the Organisers'), their families or anyone else associated with this competition.
2. All information detailing how to enter this competition forms part of these terms and conditions. It is a condition of entry that all rules are accepted as final and that the competitor agrees to abide by these rules. The decision of the judges is final and no correspondence will be entered into. Submission of an entry will be taken to mean acceptance of these terms and conditions.
3. Entries in response to the question "What does listening mean to you?" should be submitted via email to **info@breathingspacescotland.co.uk**. The closing date of the competition is **Friday 28th October 2016**.

There are three competition categories; photo, short story or poem, with an MP3 player prize available for the winner of each category. Entry can be made via email.

(a). Photo category: Entries must be labelled with the entrant's name and image files must be 72 dpi and less than 2MB.

(b). Short story category: Entries must be in a word document labelled with the entrant's name and be less than 500 words (a word count should be included on the entry)

(c). Poem category: Entries must be a word document labelled with the entrant's name and be less than 40 lines.

All entrants should include their own name, address and telephone number within the email. Please include in the subject line of your email, your name and the competition (e.g. YoL photo, YoL short story or YoL poem). We regret that we are unable to accept postal entries.

4. All entries must be received by the advertised closing date.
5. All images, stories or poems submitted must be the work of the individual submitting them and must not have been published in any form elsewhere or have won a prize or been placed in any other competition. It is the responsibility of each entrant to ensure that any images or text that they submit have been taken with the permission of the subject and do not infringe the copyright of any third party or any laws. Entrants must warrant that the photograph or text they are submitting is their own work.
6. Copyright in all images or text submitted for this competition remains with the respective entrants. However, in consideration of their providing the Competition, each entrant grants a worldwide, irrevocable, perpetual licence to NHS 24/Breathing Space/Living Life to feature any or all of the submitted images in any of their publications, their websites and/or in any promotional material connected to this competition.
7. Only one entry per person for each category. Participants may enter more than one category. Late, illegible, incomplete, defaced or corrupt entries will not be accepted. No responsibility can be accepted for lost entries and proof of transmission will not be accepted as proof of receipt. Entries must not be sent through agencies or third parties.
8. The winning entry will be what is judged to be the most thoughtful, original and self-explanatory in answering the question "What does listening mean to you?". The winner will be notified within fourteen days of the closing date of the competition.
9. The prize winners in each category will win an MP3 player, worth £40.
10. The winners may be required to take part in publicity. Shortlisted photos may be used for future Breathing Space calendars.
11. The winners' names may be disclosed to anyone who writes within one month after the published closing date, stating the date of publication and enclosing a stamped addressed envelope, to NHS 24, Caledonia House, Fifty Pitches Rd, Cardonald Park, Glasgow, G51 4EB.
12. The prizes as described are available on the date of publication. All prizes are non transferable and there are no cash alternatives.
13. Where possible, winners will be notified by email, no later than 14 days after the closing date. Prizes not claimed within a fortnight of notification will be redrawn and awarded to new winners.