



BELFAST MEN'S HEALTH GROUP: PHOTOGRAPHIC COMPETITION

- to mark Men's Health Week 2018

To help to celebrate Men's Health Week www.mhfi.org/mhw/about-mhw.html in June this year, the Belfast Men's Health Group is holding a Photographic Competition.

In our day-to-day conversations, we often use the term 'real man'. At best, this is associated with the 'traditional' male roles of provider and protector. However, at worst it is about negative things such as violence, risk-taking and self-destructive behaviours. This competition seeks to challenge both of these views, and to use photographs to explore the many sides to men and their lives. Contributors are, therefore, being asked to take a photo which explores the diverse faces / roles / identities / activities of men, and to submit images which clearly visualise the phrase '**A real man is ...**'

We are inviting you to take a photograph of a male (of any age) which tells us something about what it is to be a 'real man'. This could be a photograph of a man at work, a man at play, a man as a father, grandfather etc. It can show his sporty side, his nurturing side, his funny side, his serious side, his creative side, his talented side etc.

The photograph can be one that has been taken with a camera or a phone, and can be close-up or a full length shot. The winning entry will be one that is judged by the panel (made up of members of the Belfast Men's Health Group and Arts Care) to portray the concept of '*A real man is ...*'

Twenty photographs will be selected to form part of a photographic exhibition to be held in Belfast City Hall on the 14th June 2018. All photographs will be held for display by the Belfast Men's Health Group.

Conditions of Entry

- The competition is open for entries from the beginning of February 2018.
- The winner will be notified by e-mail, and will receive a **£250 voucher from Halfords**.
- Photographs should be sent via email attachment to belfastmensphoto@gmail.com by 31st March 2018.
- Entrants can submit up to a maximum of five photographs.
- Entries must include the entrant's name, address and contact telephone number.
- We regret that we are unable to accept postal entries, and late entries will not be accepted.
- Entrants must warrant that the photograph(s) has been taken with the permission of the subject and that they own the copyright for it.
- Images should be submitted as jpgs. Each jpg should be a maximum of 300dpi and, ideally, less than 3MB in file size. Black and white images are eligible.
- All entrants will be invited to come along to the launch of the exhibition on the 14th June 2018, at 10.30am, in Belfast City Hall.

Data Protection: Use of Photographs

Photographs selected for display will be shown at Belfast City Hall during Men's Health Week and will be on display at BHSC Hospital restaurants for a period of time afterwards. Selected photographs will also be available on our Facebook page at: <https://www.facebook.com/belfastmenshealthgroup>

By participating in this competition, you are consenting to the Belfast Men's Health Group using the images for promotional purposes and to publicise our services.

Please Note: The subject matter and the message it portrays is more important than technical ability.