

# Disability Action Yorkshire Poetry Competition

## JUDGES

### Olivia Mulligan

Olivia is a North Yorkshire poet and was invited to be 'Poet Laureate' for a weekly slot on BBC Radio York.

### Andrew Newton

Andrew has been a trustee for the charity since 2014 and has lived experience of disability.

### Rick Armstrong

Rick is a published author and has co-authored several books with Fisher King Publishing.

**The competition is open to all disabled people and can focus on any aspect of you and your life.**

**We know there are enough barriers in life so we want to make entry to the competition as simple as possible.**

## YOUR POEM

Your poem should be about your personal experience of life as a disabled person.

The title of your poem should be 'This Is Me'.

Entries can be in any style or form.

There is no upper or lower limit on length.

Every entry will be judged on its own merit.

Your entry can be written, a film or an audio recording.

## PRIZES

1st prize £100

2nd prize £25

## ENTRY DETAILS

Closing date: 22 November 2023

Entries to be submitted by email (if possible) to [jackie.snape@da-y.org.uk](mailto:jackie.snape@da-y.org.uk) or by post to Jackie Snape, Unit i4a Hornbeam Park Oval, Harrogate, HG2 8RB.

If neither of those options works for you please contact Jackie on 07540961847