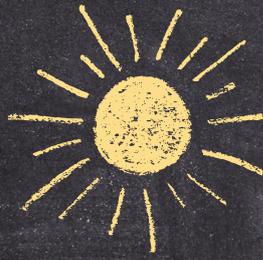


Painting



Music



Drawing

Poetry

Clay



The **Life (without you)** exhibition will feature in the Forum, Norwich, from Friday 31st August to 2nd September. The exhibition will provide bereaved children and young people the opportunity to express their feelings, emotions, and memories following the death of their special person/s.

We encourage any child or young person, up to the age of 17yrs (inclusive) who has experienced the death of a special person, to create something that helps them explain what it is like to be a bereaved child or young person e.g. you might feel angry sometimes or happy because you remember funny things that you did together. There are lots of other feelings too and all of them are ok. Some people like to draw how they are feeling and others like to write it out in a poem or maybe even a song.

Judges will decide which pieces should be included in our exhibition in the Forum and the other pieces will be shown at a special event celebrating the 20th birthday of Nelson's Journey.

Artwork and written poems will be framed, any clay items will be displayed on a table, and music or spoken poems will be available for people to listen to using headphones.

### The important bit

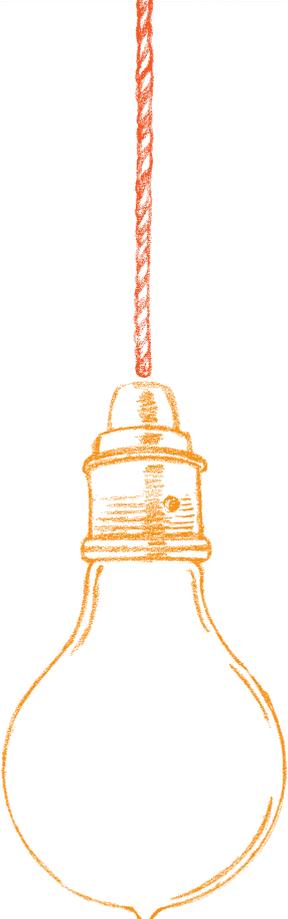
- Drawings and paintings should be submitted on **A4 paper**
- Avoid gluing materials on to artwork that add height beyond approx. 2mm as they could cause a problem when we try and frame it
- Written poems should be submitted on **A4 paper**, they can be typed or handwritten (ensure your writing is clear 😊). Drawing or painting around poems is also fine
- Audio recordings of songs and poems can be submitted via email to [sophie@nelsonsjourney.org.uk](mailto:sophie@nelsonsjourney.org.uk)
- **Send in your creation by Friday 27th July**

Send your completed creation to:

Art Exhibition  
Nelson's Journey  
Bradbury Building - Smiles House  
Octagon Business Park  
Hospital Road, Little Plumstead  
NR13 5FH

Email audio files to:  
[sophie@nelsonsjourney.org.uk](mailto:sophie@nelsonsjourney.org.uk)

\* Please ensure you include your name, age and brief description of what your creation is about



## JUDGES TOP TIP

"The best thing you can start with is an open mind and then combine that with your imagination.

Pick up a pencil and whether you are drawing, painting, writing or creating, start planning your idea.

Grief is a very personal journey and I will be looking for entries that show they have been produced with both your head and heart.

Good luck and most importantly, have fun with it."

**Fi Bishop, Porch Fairies**