

For immediate release

23 September, 2010



Anxiety UK holds poetry competition

Sheila Cameron, published poet and children's author, is judging a poetry competition to raise money for Anxiety UK, Britain's leading anxiety disorders charity.

Poems on the theme of 'anxiety' are welcomed for submission. This can be interpreted very broadly by entrants, from describing feelings of anxiety to causes of anxiety, as well as relief from anxiety. Entrants are invited to interpret the theme as widely as they like.

First prize in the competition is £50; second prize is £25. All top five poems will be published in Anxiety UK's magazine *Anxious Times*, and on the Anxiety UK website. The closing date for submissions is 31 October 2010.

Please send your poems to: Anxiety UK poetry competition, Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester, M15 4ZY

The entrance fee is one poem for £4 and four poems for £10. Each poem can be a maximum of 40 lines long. Cheques should be made payable to 'Anxiety UK'.

Ends

Contact

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Please let me know if you cover this story, as we are a small charity unable to afford media monitoring.

Notes to Editors

Anxiety UK is a national registered charity formed in 1970 by a sufferer of agoraphobia for those affected by anxiety disorders, and today is the leading authority on anxiety disorders and phobias in the UK. We are still a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders.

Anxiety disorders are common and treatable, and Anxiety UK works to relieve and support those living with these conditions by providing information, support and understanding via an extensive range of services, including fast access to reduced cost 1:1 therapy services. The Anxiety UK helpline alone receives over 16,000 calls a year from people suffering from phobias and anxiety disorders.

We provide support to people with any anxiety condition, or specific phobia such as fear of spiders, blushing, vomiting, being alone, public speaking, heights - in fact, any fear that stops people from living their lives to the full.