

The Self Care Forum Conference Poster Competition: Show off all your good work

Here's your chance to show off the good work that you do to promote self care and the chance to win £250!

We are inviting submissions to the Self Care Conference poster competition. We hope to include ALL submissions if we possibly can and want to celebrate the broad range of work done by people working in the public and charity sector. We are also happy to receive submissions of posters already presented at other conferences or events.

Please send all submissions to selfcare@selfcareforum.org by 25 August 2017. If you have any questions about your submission, please get in touch.

At the Self Care Conference on 26 September, delegates will choose the winning poster and an announcement will be made by the chairman of the conference. As well as sharing details of your work with like-minded individuals during the event, the winner will have further opportunities to showcase their work as part of their prize, which also includes **£250** to spend on something associated with self care.

[How to submit your abstract for the poster competition](#)

Please submit your abstracts written in 12 pt font, either Times New Roman or Arial, and use a 1.5 spacing. You may include tables or graphs, but these will be counted as 50 words against the word limit.

The deadline for submission of abstracts is 25 August.

Your abstract must include the following:

1. Title
2. Author(s) (surname, initials, affiliation)
3. Main text using option 1 or option 2.
4. The word limit is 500 words, and we expect a minimum of 300 words.
5. Please state whether you would be happy for your abstract to be considered as a short oral presentation as well as a poster.

Option 1 format:

1. Background
2. Methods
3. Results
4. Conclusions

Option 2 format:

1. Issue(s)
2. Description
3. Lessons learned
4. Next steps