



# “Money on my mind” Submission guidelines

Thank you for wanting to taking part in MyBnk’s creative showcase “**Money on my Mind**”. The goal of this project is to support MyBnk’s research around improving support for care-experienced young people with managing their finances and moving out for the first time. Importantly, this showcase will platform the creative talents of care leavers who are telling their own stories. This document will explain important information about this project, so please read it carefully.

We want to make sure that everybody who wants to take part has the opportunity. If you have any questions, or if you need some extra help with sending us your entry, you can contact us. Please email [Francesca.crisante@mybnk.org](mailto:Francesca.crisante@mybnk.org) and we’ll reply as soon as possible.

## What is covered in these guidelines?

- **Who** can submit their work to the showcase
- **What** we are looking for
- **How** you can send us your work and by **when**
- **What will happen** if your work is selected
- **Looking after yourself** while taking part
- **Terms and conditions**



## Who can submit their work?

This piece of research will focus on care leavers, so we ask that you have an experience of being in care in order to apply. This might have been with foster carers, in a children’s home, being looked after by relatives or a secure placement. We know that nobody’s experience is the same, so if you’re not sure, you’re welcome to ask.

Because MyBnk works with young adults aged **16-25**, we’d like to hear from people in this age range.

## What are we looking for?

We've chosen the theme "**Money on my Mind**" because we know that money affects a great deal of our everyday lives, and can mean more than just a number. For some people who have been in care, managing money can be especially difficult. Lots of us will have heard of the so-called 'Care Cliff' that a young person might experience as they lose entitlements to financial and other support from their local council in a way that feels very sudden.

We know that talking isn't always easy, especially if your experiences, feelings and memories about money and/or housing are complicated. We want to give everyone the opportunity to make their voice heard in a way that's comfortable for them, to help end the taboo of talking about money.

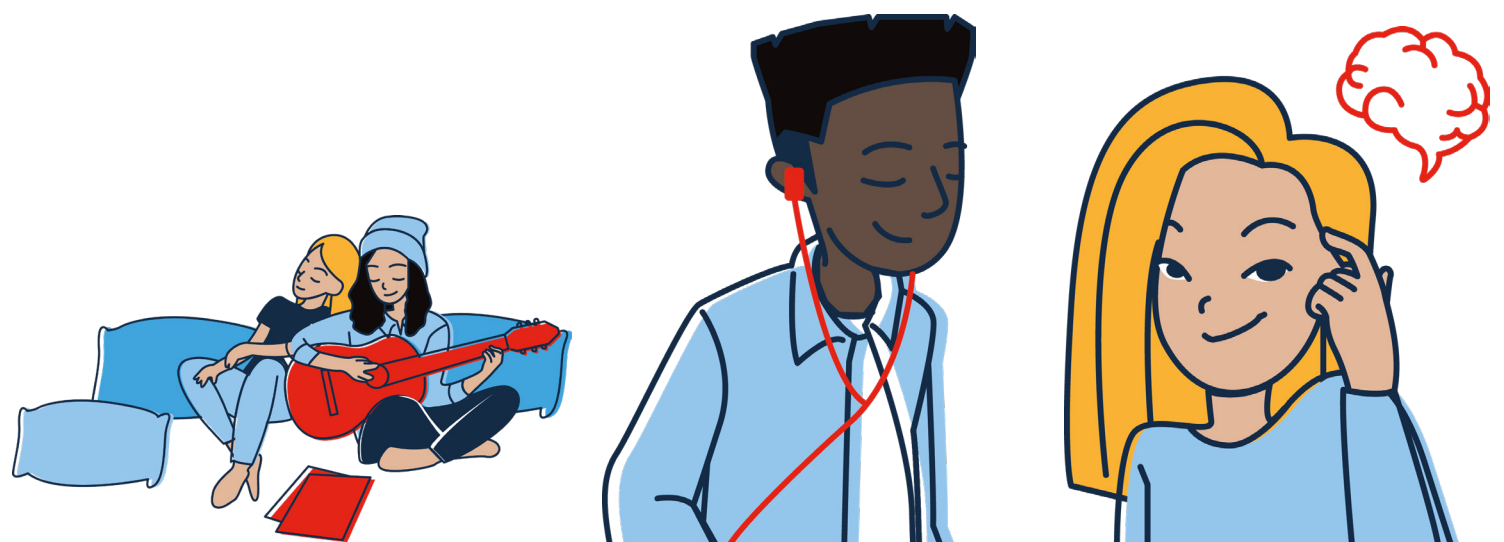
At the same time, we want to give young people the chance to change the narrative about being in care and share what makes them feel happy, hopeful, supported or successful. You can interpret the theme as literally or as loosely as you like! You could share a money wish, a money worry, aspirations for your future, an opinion or piece of advice for others.

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**Write:** You can submit a story, a poem or an article of up to **1000** words or less.

**Create:** We welcome **photographs, collages, digital artwork, paintings and sketches.**

**Speak:** You can record a rap, spoken word piece or a song if that's how you express yourself best.



We want you to share whatever you feel comfortable with. However, we can't accept submissions that may be offensive to others **(such as sexually explicit content, material using discriminatory language or promoting violence)**. Please also consider if your submission may be upsetting to others who see or read it. If necessary, we may include Trigger Warnings with the showcase to help everyone take part safely.

We also ask that your work is your own. If you want to submit an entry with another person or as a group, please let us know. If you're telling a story with your submission, it doesn't have to be entirely factual. In fact, you may want to change details to protect your identity.

## **Sending us your work**

### **We will be collecting entries online.**

Please email your entry to **Francesca.crisante@mybnk.org** with the following information:

- Your first name
- Your age (**we don't need your date of birth**)
- If you'd like to be named in the research and how you'd like to be named (for safety, we'll automatically assume that you wish to enter anonymously unless you explicitly tell us otherwise).
- If you'd prefer for us to call you instead of email you about your entry, please provide your phone number
- Your preference of voucher (**Love2Shop, Amazon, One4all**).

You'll be able to upload images, documents, videos and audio files. If you've produced something physical like a painting, please take a photo of your work. To help capture it in the best possible way, try to take your photo in good lighting. If you're having problems with the online form or want to send us your work in a different way, please contact **Francesca.crisante@mybnk.org**

**Please send us your completed entries before 9am on Monday 8th January 2024.**

### **What happens next?**

You'll receive an automatic email confirming that your submission has been safely received. We will contact you on the details you've provided (phone or email) to confirm if your entry is selected and to send you your £30 voucher. So please make sure your details are right! We be reviewing entries on a weekly basis.

If your work is featured in the research report itself, we will let you know and send you a personal copy of the printed report, if you'd like one. MyBnk will also share entries on our website and on social media. You may want to share these on your own personal accounts, but we ask that you don't name or identify anyone else except from yourself.

Depending on how many entries we receive, we may also be able to exhibit entries in-person. If MyBnk are able to do this, we'll be sure to contact you with further details about where and how you can view your creation!

## Looking after yourself

When you provide your contact details with your submission, these will only be used for informing you about your entry and about the publication of MyBnk's care leavers research. They will not be shared with anyone else. You will retain the copyright over your own work. If MyBnk would like to use your work for any purposes other than this research, we will contact you to ask for permission first.

We understand that you may want to share your taking part in this research with your community, on social media, for your portfolio or personal development. However, you can choose to remain anonymous if this is what's right for you. We'll ask you to let us know what you would prefer at the time of submission, and we'll contact you once again before publishing the research to confirm what preference you told us.

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Your taking part is entirely voluntary, and you can withdraw your entry at any time. However, it may not be possible to withdraw the research once it has already been shared with others. Taking part in this competition might bring up difficult thoughts and feelings for you. Unfortunately MyBnk aren't able to provide emotional support for participants, but we'd encourage you to seek help from qualified organisations if you need to:

### **Samaritans**

offer a free confidential, listening service. **Call 116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

### **Shout**

is a 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere. Text 'SHOUT' to 85258.

### **StepChange**

offers support and expert advice to help you deal with your debts. You can get advice anonymously through their online debt help service.

### **Turn2Us**

is a national charity offering information and practical support to people facing financial insecurity. You can get help online or at an in-person centre.

## **Terms and conditions**

MyBnk accepts no liability for any damage, loss, injury, or disappointment suffered by any entrants as a result of participating in the competition or being selected for a prize.

MyBnk reserves the right, at any time and without prior notice, to cancel the competition or amend these terms and conditions. If we do, we will contact all entrants.

**More information:** *If you'd like this information in a different format, or if you need extra help with submitting an entry, please get in touch. If you have any questions about the project, please contact **Francesca Crisante: francesca.crisante@mybnk.org**.*