## Best Mental Health promoting Event

**To enter for the BICS Best Mental Health Promoting Event add your event to the calendar at this link: bics.ie/event-submission-page/.** Choose ‘Mental Health Promotion’ Category.

**Rules:**

* The event must be organised by at least one society in a member college.
* The event may be open to the public
* The event must empower students to reduce the stigma around mental health and open the conversation about mental health and well-being. Check out some ideas on our sponsors website***org***and on yourmentalhealth.ie the***#littlethings***campaign.
* A short application form must be completed by **March 14th 2016 at 3pm**.
* There are no restrictions on the number of events per college which are submitted
* The event must take place between March 14th 2016 and March 13th 2017.

**The winning entry will be chosen as follows:**

– Each member college will have 3 votes: The 2 BICS Board Members (one staff and one student) and one   
 networking rep will have a vote each  
– No college can vote for its own event  
– There are no restrictions on the number of events per college which are submitted  
– The 3 events with the most votes will be short-listed and the winner chosen by a panel of judges  
–  A short application form must be completed by March 14th 2017 at 3pm.

- The winner from the 3 shortlisted will be announced on the night of the Awards.

**Application Form***After your event*

1. **Fill in the Application Form by 3pm March 14th 2017.**   
   And e-mail to [info@bics.ie](mailto:info@bics.ie)   
   *The background Information (page 2) is to be included in the body of the e-mail.*
2. Answer the questions in the application. Maximum 2 A4 pages of writing.  
   Add a copy of your poster and brochure/ timetable plus at least 6 photos from your event and links to any videos and websites.
3. Save as 1 PDF file.   
   *From page 3 onwards and this will be up loaded onto your calendar event for adjudication.*
4. Adjudication will take place between March 18th – April 1st.

**Background Information**

*(Include in body of e-mail only)*

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| **Name Event** |
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| **Name of Society** |
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| **College** |
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| **Name of person submitting** |
|  |
| **Phone Number** |
|  |
| **Email Address** |
|  |
| **Dates and duration of you event.** |
|  |

**Application**

(Save as one pdf file)

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| **Name of Intervarsity** |
|  |
| **Name of Society** |
|  |
| **College** |
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| **Please provide a brief description of the event.** |
| *Include if this was a new event, if not how did it improve on last year. Did you face any challenges, What you were most proud off. How does this event fit in with the aims of your society.* |
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| **1. Describe how your event promoted positive mental health on your campus and any positive outcomes.** |
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| **2. How many were involved in the event** |
| *Include number on the organising committee, how many students attended, if applicable how many members of the public attended.* |
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| **3 How did you fare financially?** |
| *What grant did you receive, how successful was your sponsorship/ fundraising. What was your overall income and expenditure?* |
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| **4 Please give details of the methods used to promote the event?** |
| *How successful were you at your PR and getting people. Tips: It is important to detail variety of publicity methods used as well as the creativity and innovation of the publicity utilised.* |
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| **5 What would it mean to the society to win this award and why do you feel the society merits the award?** |
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***Include poster, brochure and at least 6 photos of your event plus links to any videos and websites.***