

## **NHD and British Lion Eggs Terms and Conditions:**

1. It is free to enter this competition. You must submit your article on the Network Health Digest (NHD) contributors template which can be requested for at :[Info@networkhealthgroup.co.uk](mailto:Info@networkhealthgroup.co.uk);
2. The start date for this competition is 22<sup>nd</sup> January 2018;
3. The closing date is April 20<sup>th</sup> 2018 at 23.59 GMT;
4. There are two prizes of £250 in UK shopping vouchers. There is no cash alternative;
5. All competition entries (articles) must be submitted via email to [info@networkhealthgroup.co.uk](mailto:info@networkhealthgroup.co.uk);
6. The promoter's are NH Publishing Ltd. Suite 1, Freshfield Hall, The Square, Lewes Road, Forest Row, East Sussex, RH18 5ES;
7. There is no restriction on the number of entries;
8. The winner(s) will be notified, via email by May 8<sup>th</sup> 2018 and will receive their prize within 10 working days;
9. The results will be announced in NH-eNews; winners' names must be published or available on request, but the promoters will not publish excessively detailed personal information;
10. The criteria for judging entries is open to subjective interpretation, so a Judging panel has been appointed – made up of Emma Coates and Dr. Carrie Ruxton;
11. NH Publishing Ltd will own the copyright in regards to the published competition entries;
12. The winning entries will be published in a copy of NHD in 2018. They may also be used for NH-eNews and as a NHD CPDeArticle;