

Writing Competition



A short story competition

Living with severe allergy – sharing your special moment

Living with a potentially severe allergy is an ongoing learning process. Just when you feel on top of everything, an occasion arises which you didn't expect and you are challenged. We all have stories to share and in turn learn from and no two stories are exactly the same. We all view life so differently, have different family dynamics and different approaches to management.

Coles and Myer Group have generously donated 3 x \$100 Gift Cards to Anaphylaxis Australia Inc

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Now is your chance to share an experience, an event, the ups and downs, the laughter and tears that you and your family have shared whilst living with the risk of anaphylaxis.

Our panel will select 3 stories which we'll feature in our NewsFacts during 2010. The 3 authors of the featured stories will each receive one of the Coles and Myer Group \$100 Gift Cards. You will have the right to withdraw your name and other identifying details if you are a lucky winner and your story is chosen for our NewsFacts.

Your story should be 500 – 1000 words.

Closing date for Sharing our moments is 5pm March 12th, 2010.

Topic suggestions:

- Describe how you first felt on receiving the diagnosis
- How Anaphylaxis Australia has helped you
- How the diagnosis changed you and your family
- Bouncing back from a severe reaction
- Dealing with difficult people
- Your family's first Christmas or Easter
- Being a positive role model
- Those who have supported you
- How you weigh up risks
- Taking control
- The big picture
- Managing a food challenge

Send your stories in preferably as a word document via email to coordinator@allergyfacts.org.au or hard copy to

Sharing our moments PO Box 3182 Asquith NSW 2077

Don't forget to supply your contact details. Name, full address and telephone number