



CALLING ALL INSTA AND TIKTOK USERS

WANT TO WIN A

£50 SHOPPING VOUCHER?

Record your own
video or Tik Tok on
how you and your
friends keep yourself

**STRESS-FREE
AND POSITIVE**

YOU COULD WIN YOURSELF

£50 SHOPPING VOUCHER!

Feeling a bit shy? Why not make a video with your friend, or even make your pet the star of the show!

WHAT WILL IT BE?

- Catching up with friends?
- Doing a quick workout?
- Getting arty?
- Listening to music?
- Hanging out in the park?

The top 3 will win:

- First prize £50 shopping voucher
- 2 x runner up prizes: £25 shopping voucher

The best content received will be shared on our @Thisishow_Norfolk Insta page and all participants will be invited to attend a free insta messaging and vlogging webinar



DM YOUR CONTENT

@Thisishow_Norfolk before 10 June

Full terms
and conditions on
@Thisishow_Norfolk