



# 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



## WHAT WILL IT BE?

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

**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!

**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 23 June

Full terms  
and conditions on  
@Thisishow\_Norfolk