

# Catharsis:

*the competition*

for Domestic Abuse survivors

Closing date for entry: 31<sup>st</sup> January 2026



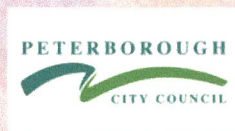
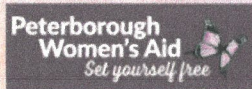
**Your story matters**  
**Your voice deserves to be heard**

We invite survivors of domestic abuse to express their journey through poetry, visual art, or mixed media and transform pain into power and healing through creativity.

### Why Participate:

- Share your story on your own terms
- Reclaim your voice through art
- All entries will be considered for publication in our subsequent book release and display in our exhibition
- Help raise awareness and challenge stigma

### In conjunction with:



### How to submit:

**Poetry & digital artwork email to:**  
[charis@livingkeys.co.uk](mailto:charis@livingkeys.co.uk)

### Physical artwork (hand-delivered) to:

Peterborough Women's Aid (ask for Hayley)  
Anne's House,  
32-34 Cromwell Road,  
Peterborough,

### Please include with your submission:

- Title of your piece
- Whether you want to be published under your name, pseudonym, or anonymously

All submissions are handled with confidentiality, respect, and care. Please contact Living Keys or Women's Aid if you require further support in your journey.

**You are not alone.**

**Your voice is strength.**

**Your art is healing.**