



## My Frame of Mind – contribution guidelines

What does a bicycle have in common with a piano? A cake with a yoga pose? Seashells with watercolours? These are things that have helped people to maintain a positive frame of mind during restrictions and lockdowns.

Thank you for your interest!

Here are some guidelines for sending in your contribution to this project:

- A frame must appear in the finished image. It can be any frame and it can be hanging from a string, sticking up out of the ground, supported by two hands or photoshopped around your desired image but it must be visible.
- Your image can be as simple as your bicycle or as complex as a photograph of a painting or a collage made of ripped up ordinance survey maps depicting your bicycle and the routes you have travelled to lift your mood... what I am saying is that the interpretation of the content of this project is entirely up to you. You can be as literal or as metaphorical as you like. I am purely interested in collecting a wide representation of the things that are keeping us buoyant and mentally healthy during these strange times.
- Please include a sentence or two about your piece or the process you used to produce it. These will be included in the final book.
- Please make sure your image is high resolution. I need pictures to be at least 300dpi to be included. As a guideline, you will want the file you are sending to be at least 3MB. When sending via email on your



phone, choose the setting for “actual size” when it gives you the choice.

- You can use a frame and materials at home to create a piece or you can collect frames and/or materials from Lara At *Birkhill House* (near Earlston).
- If you want to take part but are stuck for an idea or a way to represent your idea, feel free to phone or email Lara for a chat about how to go forward.
- All submissions will be printed and mounted in a hand-bound book created by Lara. The paper is being made by Berwick-based artist Lucy Baxandall and the captions will be penned by Carfraemill-based artist Alison Macleod. The pages of the book will be photographed and put together in a slideshow, which Galashiels-based duo *The Bird and the Monkey* have agreed to score. If you feel like you have something to offer to the creation of the final book, don't be shy!

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