









submit your favourite snaps to be in with a chance of being our 'Photographer of the Month'



send your photos to be.involved@creativesupport.co.uk





#### Photography Competition 2020

This year we are launching our first / Photography Competition here at Creative Support. We would like you to send us the photos you are most proud of and each month we will choose a winner! Each 'Photographer of the Month' will

win a £10 'love2shop' voucher and feature on our social media pages and website!





By submitting your photo to the competition, you give the marketing team permission to use your photography in our marketing materials

> Please ensure you get permission from all individuals who feature in your image before submitting it into the competition



# What We're Looking For...

Great photographs are an essential tool in the marketing team's kit, we use them on everything from our posters and leaflets, to our website and social media. We are always looking for new images to add to our collection, especially photos that give us an insight into what you get up to at your services - have an event or activity coming up? Grab your camera and using the hints and tips in this booklet, get snapping!

Don't have your own camera? Why not use you camera phone, or ask a friend to borrow theirs?



opportunity, choice and wellbeing

## **Photography Hints & Tips**

#### Lighting

Before you raise your camera, see where the light is coming from and use it to your advantage. Whether it is natural light, or an artificial source; how can you use it to make your photos better? How is the light interacting with the scene and the subject? Is it highlighting an area or casting interesting shadows? These are all things you can utilise to make an ordinary photo extraordinary.

#### **Perspective**

Take a moment and think how could this could look more interesting. Experiment with different angles and discover new perspectives. Try getting up high or crouching down, moving closer or further away from your subject or shoot them from a different angle.

#### **Rule of Thirds**

To break it down, you cut your frame into thirds by using both horizontal and vertical lines. You then place your point of interest along the lines; your photo will be more balanced, level and allow viewers to interact with it more naturally.

### **Be Aware of Backgrounds**

What's in your frame? It's not just the person or object in your photo, it's everything else in the background that can make or break a great photograph.

#### **Capture Things You Love**

Focusing on what you love will make photography more enjoyable for you. Start learning by taking pictures of whatever interests you.





why not make photography your new thing to try this year?









send your photos to:
be.involved@creativesupport.co.uk
to be in with a chance of winning!

(Don't forget to include your name and a decription of your photo on the email!)

We look forward to seeing your photos!