**How to submit your video**.

We will only accept entries via **WeTransfer**, a free to use legitimate file hosting service. Please DO NOT email the video direct to us as we may not receive them that way.

Visit <https://wetransfer.com/> and chose “I just want to send files’ at the bottom of the page (you do not need to sign up/create an account).

A picture containing text

Description automatically generated

Simply add your folder containing the video and your completed Terms and conditions and email to [vicky.halls@icatcare.org](mailto:vicky.halls@icatcare.org)

Graphical user interface, text, application

Description automatically generated