

## **Eligibility to Enter**

1. The giveaway is open to residents of the UK aged 18 or over, excluding employees of the Promoter or its affiliated companies, their immediate families or anyone professionally associated with this prize draw and their immediate families.
2. No purchase necessary.

## **Method of Entry**

1. To enter, you must follow @blisscharity and @pregnacareofficial on Instagram and tag a friend.
2. There's no limit of entries per user, as long as different users are tagged in each comment.
3. The start date of the promotion is 29<sup>th</sup> September 2020.
4. The closing date by which entries must be received is 11.59pm 6<sup>th</sup> October 2020.
5. The use of any device to automate the entry process is prohibited.
6. No responsibility is accepted for any entries that are incomplete, and entries which do not satisfy the requirements of these terms and conditions, will be disqualified and will not be counted.

## **Prize**

1. There will be one winner. The winner will receive a prize consisting of one Pregnacare family bundle (2x Pregnacare New Mum supplements, 2x Wellman Original supplements, 1x Wellman Energy, 2x Wellbaby Vitamin D Drops) plus 1x copy of The Little Book of Self Care for New Mums.

## **Winner Selection**

1. The winner will be randomly selected by Bliss Charity under the supervision of an independent observer.
2. The prize-winner will be the first name drawn at random from all valid, completed entries.
3. The winner must send @pregnacareofficial a private message on Instagram with their name, surname, address and phone number and within ten days of

being notified. If the winner does not reply, we will pick another winner at random from all correct entries.

4. Should the prize-winner not respond to the email within 7 days the Promoter reserves the right to allocate the prize to another entrant.

### **Promoter's Liability**

So far as is permitted by law, the Promoter and its associated companies and agents exclude responsibility and all liabilities arising from:

- a) any postponement or cancellation of the Promotion, and
- b) any changes to, supply of (including, without limitation, prizes which do not reach the intended recipient), or use of the prize, and
- c) any act or default of any third party supplier,  
which are beyond the Promoter's reasonable control.
- d) Nothing in these Terms and Conditions in any way limit the Promoter's (or any other person or organisation's) liability for (i) fraud, or (ii) death or personal injury caused by negligence.