

# COMPETITION

SHINE BRIGHT, WEAR BRIGHT

CHILDREN'S MENTAL HEALTH WEEK 5<sup>th</sup>- 11<sup>th</sup> FEBRUARY 2018.

Design a picture or a poem using any of the themes:

SPREAD A LITTLE KINDNESS, BE YOURSELF AND SHINE BRIGHT.

There will be three age groups (7 and under, 8-12 and 13+). We will have Prizes for the winners and your artwork or poem may be displayed in our offices and in our publications/website. Please feel free to decorate your poem too.

**Closing date 30<sup>th</sup> March 2018.**

Please attach this sheet with a paperclip to your artwork or poem clearly stating your name, age and school on the rear and complete the below details:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

Parents/Carers  
name: \_\_\_\_\_

Contact email and telephone  
number: \_\_\_\_\_

By entering the competition you agree to your artwork or poem being on display at CHUMS and in our publications/website.

Please post your artwork or poem to:

Anna Bunney – Community and Events Fundraising Manager

Wrest Park Enterprise Centre, Wrest Park, Silsoe, Beds, MK45 4HS.

Poems can be posted or emailed to: [anna.bunney@chums.uk.com](mailto:anna.bunney@chums.uk.com)

For more information please email Anna above or ring 01525 863924

