**Competition**

**Shine Bright, Wear Bright**

**Children’s Mental Health Awareness Week 4th – 10th February 2019.**

**Draw a picture or write a poem using any of the themes:**

**Shine Bright, Wear Bright or Healthy Inside and Out**

**There will be four age groups (4 and under, 4-7, 8-12 and 13+). We will have prizes for the winners and your artwork or poem may be displayed in our offices or used on our social media/website.**

**Feel free to decorate your poem too!**

Closing date: 29th March 2019

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 details below:

Name:

Age:

School:

Parent/carers name:

Contact number:

Email:

By entering the competition you agree to your artwork or poem being displayed at CHUMS offices and on our social media/website.

**Please post your artwork or poem to:**

**CHUMS Charity, Wrest Park Enterprise Centre, Wrest Park, Silsoe, Beds, MK45 4HS**

Poems can be emailed to: hannah.chard@chumscharity.org

For more information please email above address or call the CHUMS Charity team on 01525 863924.