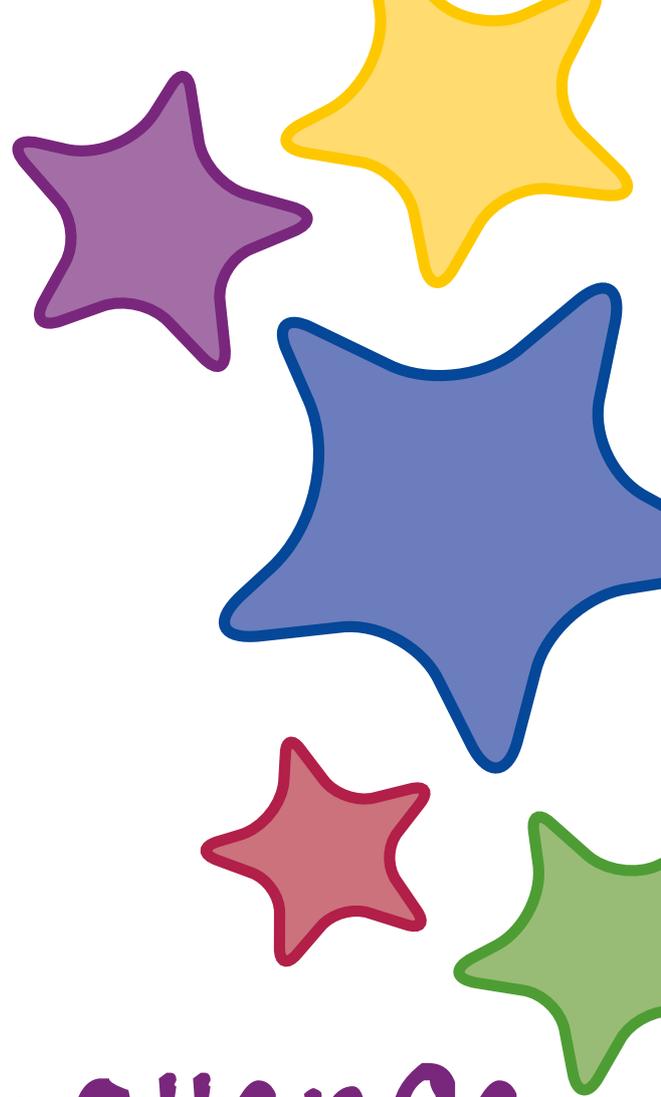




The Charlie Waller Memorial Trust  
Depression – let's get talking



# CWMT Wellbeing challenge 2020

Primary school pack



# Welcome

Thank you for signing up to take part in the Charlie Waller Memorial Trust's Wellbeing Challenge 2020.

This is an interactive challenge that we usually send out to schools but we have adapted it for parents to do at home with their children. The idea is to encourage young people to think positively about their mental health; it's based around the 'Five Ways to Mental Wellbeing'.

The main aim is to complete at least one wellbeing activity for each of the five ways during this three-week period, and document it by sending us a photo of the activity in progress. We have given you lots of ideas to help you out but you are welcome to do your own activities too. Obviously you can do much more than just one per 'way' if you are enjoying it!

The challenge is only for three weeks, but we hope that you enjoy some of the activities so much that you might start to include them in your everyday life.

If you are viewing this online and do not have access to a printer please do get in touch and we can post out a pack to you.

## Five ways to mental wellbeing

**Connect** – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.

**Be active** – take a walk, jog or cycle or find another activity that you enjoy while also keeping to the Government guidelines on social distancing.

**Keep learning** – learning new skills can give you a sense of achievement and increased confidence.

**Give** – even the smallest act can count, whether it's a smile, a thank-you or a kind word.

**Take notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

## The prize

Sharky and George have very kindly donated a superhero activity pack for two. For runners-up there'll be Sharky and George activity books or a 'Smile and pass it on' T-shirt from the lovely people at Boden. Everyone taking part and completing our entry form will also receive our Five Ways to Mental Wellbeing window stickers.



## Timings

**The challenge will run from Monday 4th to Sunday 24th May.**

Submit your five best photos (one for each for the five ways) by uploading them to the entry form via the link below. **Closing date for entries is Monday 25th May.**

Our judging panel will then consider all entries and announce the winners the following week.

## How to enter the competition in three easy steps:

1. Have a look through the activity ideas for each of the five steps to mental wellbeing and plan when/where/how you will do them.
2. Take photos of the activity in progress or of the finished items if you've made something.
3. Submit your five best photos, with descriptions – one for each of your five activities, by Monday 25th May using the link below:

[Submit your photos here](#)

## Social media

We would love to create a bit of a buzz about the challenge and encourage as many people as possible to take part. If you are able to post photos on social media, we would love to see them and share any that you are happy for us to.

You can follow us on either Facebook, Instagram or Twitter and please tag us using the hashtag #wellbeingchallenge20.



**Charlie Waller Memorial Trust**



**@CharlieWallerUK**



**@CharlieWTrust**

## Judging criteria and terms

We will be looking for originality, creativity, and enthusiasm so let your imagination go wild!

It's important that your photos clearly show your children doing or having done a wellbeing activity relating to one of the five ways.

When completing the form you must explain the activities that are happening in the photos.

You must upload at least one image for each of the five steps to mental wellbeing (therefore a minimum of five photos to qualify).

Please be aware that the photos do not have to be of the children if you are not comfortable in doing that. We will happily accept photos of the finished outcome of each activity or photos where you cannot identify the child/children.

We will accept only one entry per age group, per household.

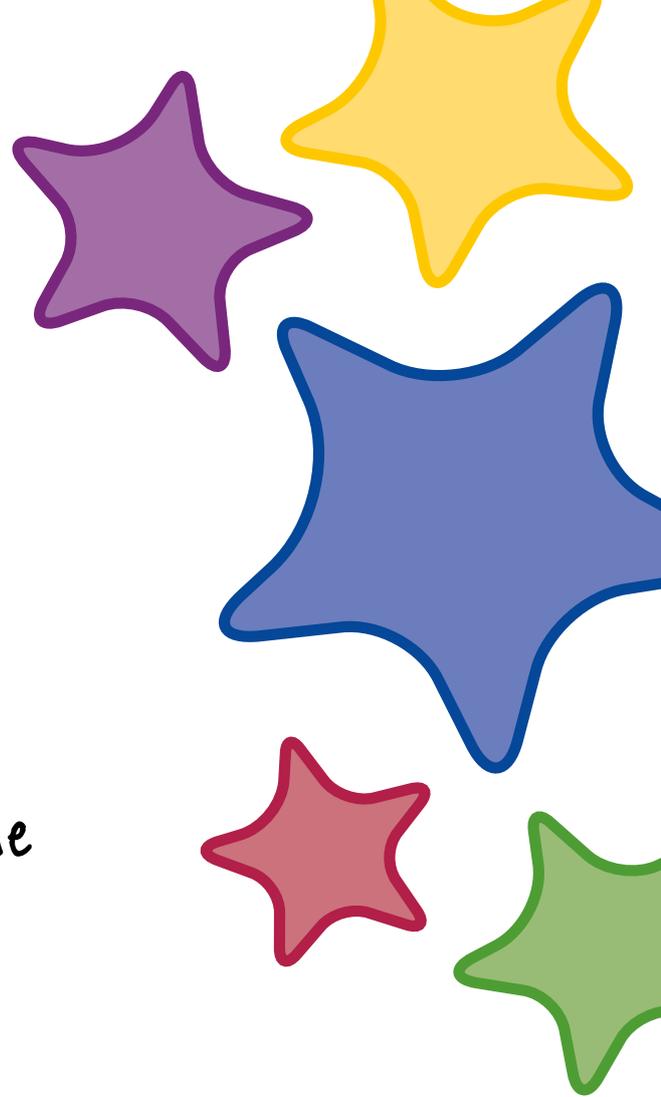
We will announce the winner during the week of 1st June via email and on social media.

We very much welcome international entries to the competition but would ask that you make a contribution towards the postage costs if you were to win one of the prizes.

Our judging decision is final.



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Thank you for taking part in the  
Charlie Waller Memorial Trust  
Wellbeing Challenge 2020.

We hope you have enjoyed the challenge and we have  
helped make some positive changes to your mental  
wellbeing.

If you would like to make a donation to the Trust you  
can do so via our website: [www.cwmt.org.uk/donate](http://www.cwmt.org.uk/donate).

The Charlie Waller Memorial Trust (CWMT) was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. CWMT raises awareness of depression and other mental health problems, fights stigma, provides education and training to schools, universities, workplaces, GPs and nurses, and encourages those who may be depressed to seek help. Visit [www.cwmt.org.uk](http://www.cwmt.org.uk) for further information.

**Charlie Waller Memorial Trust**

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