

Us Plus Mental Health and Wellbeing Bulletin 18

Welcome to this week's Us Plus Bulletin. Startnowcornwall and Heastartyouth are running the following competition. All links are on this bulletin you can access them by pressing CTRL on your keyboard and clicking or opening the hyperlink.

Good luck!

Design our new Connect Card - Closing Date 24th June 2022



All the Connect Cards so far have featured artwork by young people in Cornwall and we would love yours to feature on two new designs.

- Everyone who enters will have their artwork displayed on the Start Now website and receive 2 Free **Tempo Time Credits**
- If your design is chosen you will win £50 in vouchers and see your artwork used on thousands of cards shared with young people across Cornwall.

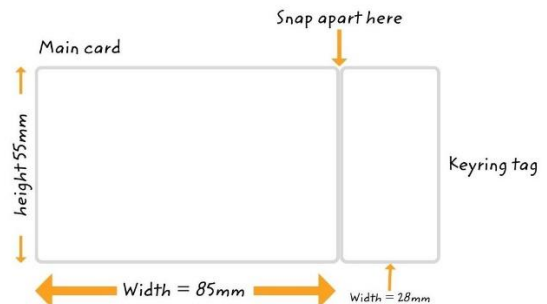
Details

Your artwork can be drawing / photography / painting.

It shouldn't be too detailed or have any text in it

It needs to be able to fit the Connect Card template:

Connect Card Template



You don't have to make your artwork the size of the actual template - just keep in mind the proportions so you have an idea of how your artwork might look on the finished card.

And think about how your design might work when the card is separated into the 2 parts.

Download a flyer

(either ctrl and click or open hyperlink)

Boring but important stuff!

- **Check out the boring but important stuff about rules here.** And then complete the **entry form / attach your entry...**

(either ctrl and click or open hyperlink)

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling.

You can do this by emailing us at

tis@penrice.org.uk

