

Take Five... Ways to Wellbeing



StartNow Web Content Competition

The young people involved in HSK Youth in Cornwall have created their own website to support wellbeing:

www.startnowcornwall.org.uk

They would like **your ideas** for web content about **Self-Care ideas & Coping Strategies** when things get tough...



Content can be:

- * Artwork / drawings / cartoons
- * Photographs
- * Music
- * Poetry
- * Animation (Max 2 minutes long)
- * Short films (Max 2 minutes long)
- * Blog
- * Book reviews (of books that have helped you)
- * Or a list of great ideas that have worked for you



The best ideas will be featured on the website & entered into a **prize draw**.

20 lucky winners will receive a £25 gift voucher

Entry Form and full details can be found on the website along with the dull but important bits like Terms and Conditions / Privacy notice etc.

Start Now.

 www.startnowcornwall.org.uk

   **hskyouth**

**HEADSTART
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