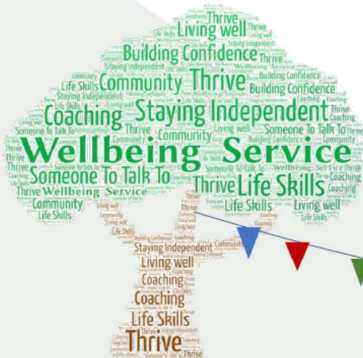


JOIN the NHS Wellbeing Bunting Challenge



North Cumbria
Integrated Care
NHS Foundation Trust



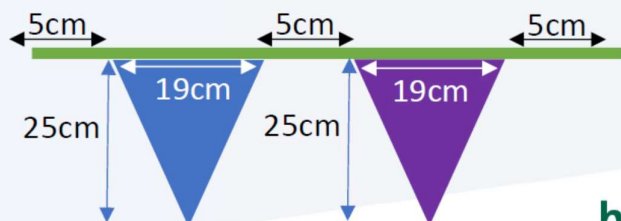
Join our challenge to show a united, creative Cumbria!

Our aim is to create 12 miles of bunting (it would be a world record!)
created by Cumbrians to celebrate creativity and unity.

The intention is for the finished item to be displayed locally as a celebration of wellbeing.

The Wellbeing Service recognises the importance of creative activity for general wellbeing and social contact. This project, launched before the Covid-19 crisis, seems now even more relevant as we tackle self isolation. While we can't get together in person, we can in spirit!

Simply follow the size guide below using recycled material, make as many flags as you want, be creative, add your personal 'made in Cumbria' touch and **HAVE FUN!**



12 miles of bunting
equals only 80,472
flags! If *everyone* in
Cumbria contributed
just *one* flag we
would have
498,888
flags!!)

For more information about the project, the Wellbeing Service or for details of where to submit bunting please contact:

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happierhealthiercommunities.



'Wellbeing Bunting Challenge'