

Poster competition brief

Design of an A4 poster to promote the new ChatHealth Service

ChatHealth will launch across Cheshire East on Monday 1 February 2021.
The competition is open to Cheshire East residents aged 11-19 years.

We've extended the closing date to Friday 5 March 2021.

There are three age related categories:

- 11-14 years
- 15-16
- 17-19 years

About ChatHealth:

ChatHealth is a new text messaging service - you can text a school nurse to get confidential health advice about:

- | | |
|----------------------|--------------------|
| • Anxiety | • Mental wellbeing |
| • Healthy lifestyles | • Anger management |
| • Relationships | • Self-harm |
| • Sleeping | • Exercise |
| • Friendships | • Puberty |
| • Nutrition and diet | • Stress |
| • Healthy eating | • Sexual health |
| • Bullying | • Alcohol |
| • Exam stress | |

You can get confidential and anonymous advice by text. You can give your name or text a healthcare professional anonymously.



- Use the wording on the following page and template provided
- You must use the following logos



Creating your poster

- Be creative and colourful. Make full use of images of young people, either photography or illustrations
- Entries must be A4 size and portrait
- Entries can be produced by hand or computer
- All artwork should be original and produced by the entrant
- Take a close up photo of your entry (see example) and email to wchc.poster@nhs.net



Prizes:

With **great prizes** up for grabs you won't want to miss this opportunity to get involved. **Prizes include iTunes and Cinema vouchers.** There will be a winner and runner up from each age related category:

- 1st place: £25.00 iTunes or Cinema voucher
- Runner up: £15.00 iTunes or Cinema voucher

Winners and runners up can choose which type of voucher they would prefer.

Please include the following information in your email:

Submissions

Poster submissions can be sent individually or via schools and young groups/ organisations.

Via school and youth group/organisation*:

Name of teacher, school name and address / Name of youth leader, youth organisation and address.

*Consent to participate in the poster competition is granted via school or youth group/ organisation involvement.

Individual submissions:

Entrants under the age of 16 must submit a photograph of their poster with a signed consent form from their parent, guardian or carer.

Consent forms are available at www.wirralct.nhs.uk/poster and are included in the briefing pack.

Please include the following details:

- name
- age
- contact telephone number

Wording to use in the poster (choose the wording appropriate to your age)

11-14 years

Are you aged 11-14?

Did you know you can text your friendly School Nursing Team for confidential advice and support?

You can chat about feelings and emotions, changes to your body, relationships, healthy eating and bullying - there are lots of things the team can help with.

Text our confidential line: xxxxxxxxxxxx

For more information visit wchc.nhs.uk/youngpeople

15-16 years

Are you a young person looking for advice and support around anxiety, body image, relationships, emotional wellbeing or staying healthy?

The team are here for you and will provide you confidential support and advice.

Text our confidential line: xxxxxxxxxxxx

For more information visit wchc.nhs.uk/youngpeople

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17-19 years

Are you a young person looking for advice on sexual health and contraception, relationships, alcohol or drugs?

ChatHealth is confidential, anonymous and non-judgemental.

Whatever your question, send a text to our team on xxxxxxxxxxxx

For more information visit wchc.nhs.uk/youngpeople



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