



created by  TB

WELLBEING RAFFLE

**TWO WAYS TO ENTER — ONE CHANCE TO WIN A FEEL
GOOD WELLBEING FOOD HAMPER!**

OPTION 1

Complete the Mental
Health Awareness Week
(MHAW) challenge.



OPTION 2

Make a donation to our
charity GOSH via our
JustGiving page.



Ready to join in?
Just scan a QR code,
1) Complete the
MHAW challenge or
2) Make a donation.
Then drop your entry
form off with any
member of the
TB team.

LET'S BUILD COMMUNITY THROUGH CARE.

One moment.

One connection.

One act at a time.

Name: _____

Contact details: _____

Which way did you choose to enter the Wellbeing Raffle?

☐ 1) I completed the MHAW Challenge.

What did you write on the Positivity Wall?

☐ 2) I made a donation via the TB JustGiving page.

Winner announced at the end of the week!

Prize: A wellbeing food hamper