



Dear Parents/Carer & Students

I hope this letter finds you well, I'm writing to you today to introduce myself. My name is Bethany Wigley and I am the current Miss Mansfield and Sherwood Forest 18/19. Since I won the title in March 2018 I have been promoting and raising funds for my chosen charity Rethink Mental Illness. They directly support 60,000 people across England a year however sadly there are many more that are unable to access support. Like myself, Rethink's aim is to change public attitude and reduce the stigma of mental health. Mental health affects everybody at some point in their lives in varying degrees and forms. Two thirds of the UK populations feel they don't have anyone to talk to about their personal problems such as mental health and one in four people suffer from mental illness. This charity is not only close to my heart, but I believe by promoting and fund raising for this charity it will have a great impact on the lives of many.

To continue to raise awareness amongst young people in our communities I am excited to announce that I am running a competition for students to design a poster to promote healthy minds and awareness of mental health and show how we can look after our own and other people's mental health. The winner will have their poster published on the side of Mansfield District Council's refuse lorries for thousands of local residents to see every week.

The competition is **now open** and will close Monday 18th March 2019. Entries need to be submitted to your participating school by the closing date. You will also need to write on the back of your art work the following information:

- Name
- Age
- School
- Class year and teacher
- Parent/Carer's email or Parent/Carer contact number
- Description of your art work.

I hope you agree that this is a great way to promote mental health awareness to everyone in our community along with showcasing the talents of our local students.

Kind regards,

Bethany Wigley

Miss Mansfield & Sherwood Forest 2018/19

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