

Instructions: ‘Stick with us!’ craftivism activity



1. Choose one of the three campaign messages. Talk with your group about why this message is important to you, or think about it by yourself.



2. Cut out one of the magnet templates, glue it to a piece of card, and cut around it again.



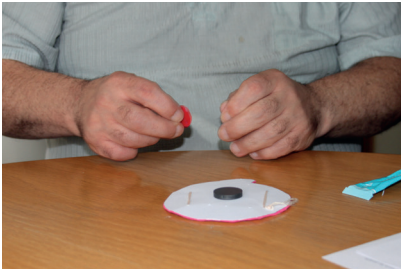
3. Decorate your magnet template. For example you could:

- glue or sew fabric, card or paper onto your fridge magnet
- use colouring pencils, felt tip pens or paint
- add things like cut-out shapes, sequins and buttons by glueing or sewing.



4. Add your campaign message to the fridge magnet.

- you can cut it out and glue it on
- you can sew, write or paint it on



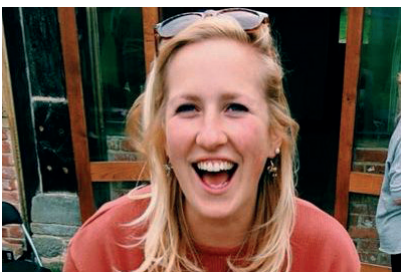
5. Attach a magnet to the back of the speech bubble.



6. Write or print out the cover letter.



7. Send your fridge magnet in a parcel to the Chair of your local Hospital Trust. You can find their contact details using the internet.



8. Please send a photo of what you have made to Eve Jackson, Activism Manager, at **eve.jackson@mencap.org.uk** or post them on social media with the hashtag **#TreatMeWell**.