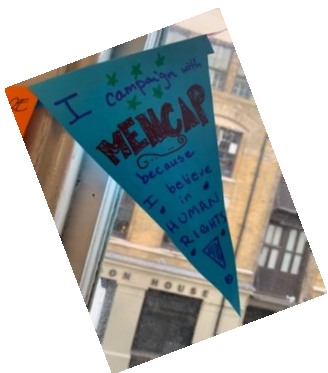
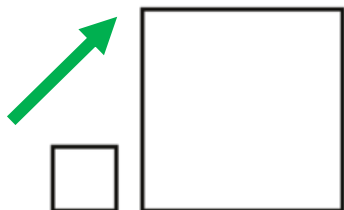




Talk to Me Craftivist Activity

Step by step guide to making bunting



We want small actions to lead to big changes, just like Judy Fryd's letter 75 years ago.



This guide shows how to make our activist **bunting** as part of Mencap's 75th anniversary.



Bunting is a word for lines of small, coloured flags which are hung up as decorations.

Craftivism



Craftivism is made from 2 words:

- craft
- activism



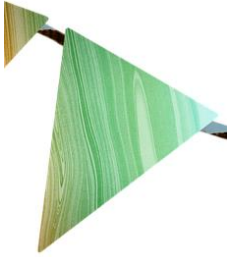
Craft is when you make things from different materials.



Activism is when you do something to try to make changes happen.



Craftivism is when people use craft to try to make changes happen.



Each person at the event will make 1 triangle-shaped flag for the bunting.

How to make bunting



Step 1: Choose 1 of these statements to write on your flag:

- Treat Me Well
- Your own statement about a local learning disability issue
- I campaign because



If you choose 'I campaign because', please write why you campaign. For example, I campaign because I care about human rights.



Step 2: Draw your triangle using a ruler or another triangle you can trace.

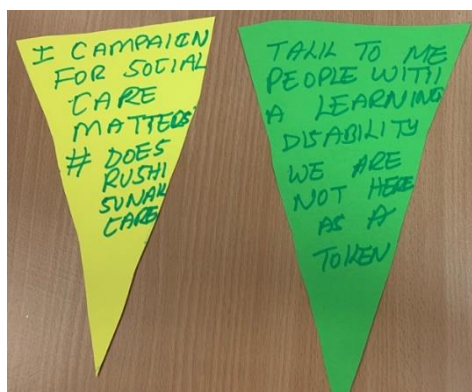
Your triangle can be any size you want, but make sure it is big enough to decorate.



Step 3: Cut out your triangle.



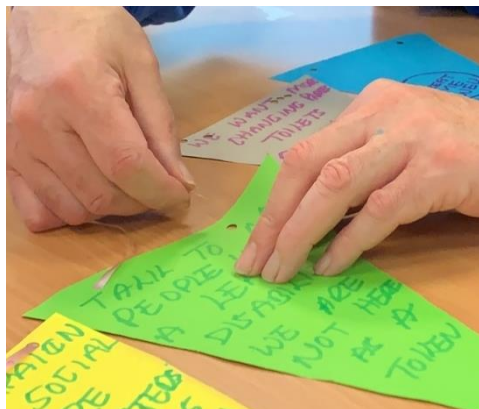
Step 4: Decorate your bunting flag. You can write a simple message, draw a picture, sign your name. Be creative!



You can make as many flags as you want and invite friends to join in.



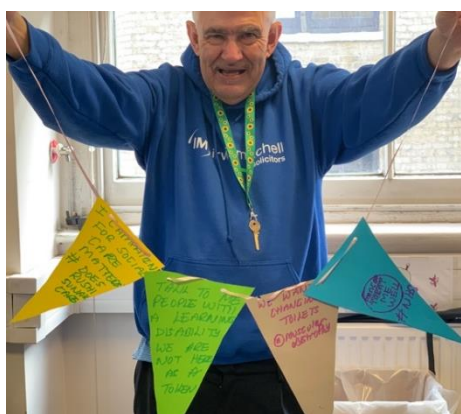
Step 5: Use a hole punch to make 2 holes at the top of your flag.



Step 6: Thread ribbon or string through the holes. Start on the back of your bunting flag and push through the first hole, then pull through the other hole.



Ask for help if you need it!



Step 7: Take lots of photos with your bunting!



Step 8: Share photos from your event on social media.

Use

#EverydayActivism and **#Mencap75th** hashtags and tag us on:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)



Send your bunting, with your name and email address to:

Mencap Campaigns & Activism Team
Centre of Engagement
123 Golden Lane
London EC1Y 0RT



Please send us your bunting by Thursday 30th June 2022.



In 2022 we will make a display in Parliament of all of the flags.



You can send us an email at campaigns@mencap.org.uk if you need help or if you have any other questions.



Have fun!

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Thank you to Photosymbols for helping us to make this easy read.