

#TaskMas

We dare you to take
our charity
Christmas challenge.

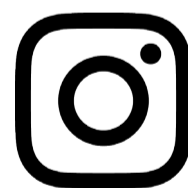
Help raise money for Carrick Mind's student project
as you have fun attempting our festive-inspired tasks.

Find out how to take part, inc. T&Cs, at:

healthwatchcornwall.co.uk/volunteers/taskmas

Follow us on Instagram: @healthwatchcornwall

As a thank you for participating you will also be
entered into a £25 cash prize draw -
treat yourself, someone else or donate to charity too.



@healthwatchcornwall

@mindcharity - #carrickmind

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0800 0381 281

Also find us at:



healthwatch
Cornwall

mind | Carrick
for better mental health