

WHAT DOES FAMILY MEAN TO YOU?



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Project Overview

Organised by: Children in Distress in collaboration with York Mind

We're inviting schools and organisations across York, surrounding communities, and beyond, to take part in a creative campaign that encourages children to reflect on the importance of family and emotional wellbeing.

The Task: Young people are asked to create a drawing or short written piece that answers the question: "What does family mean to you?" There is no "right" answer, family looks different to everyone. The goal is to celebrate love, diversity, and mental wellness through creativity.

Why This Matters:

- Mental Health Awareness Week (13–19 May) highlights the importance of emotional wellbeing, especially for young people.
- International Family Day (15 May) is a chance to honour the role different types of families and support systems play in our lives, especially for vulnerable children.
- This project encourages kindness, empathy, and self-expression.

Key Dates:

Submission Deadline: Please submit before 5pm on Friday 23rd May – email submissions with consent forms (consent forms in this pack) to beth.cameron@childrenindistress.org.uk. Winner to be contacted by 6th June 2025.

Incentives & Outcomes:

- One entry selected at random will win a Family Day Out Experience (details TBC).
- A selection of entries will be featured on our social media channels, website, and in upcoming charity materials like our VISION newsletter.
- Participating schools/organisations will receive a digital certificate of appreciation for helping to raise awareness of our vital work helping vulnerable children, families, and communities.

We're excited to work with you and can't wait to see what your young people create!



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Who are we?

Children in Distress is a York-based charity that has supported vulnerable and seriously ill children in Romania for over 35 years, and are now supporting vulnerable children, families and communities in the UK too. We provide love, care, education, support, and funding to children who often have no other help. We believe every child deserves the chance to grow up in a supportive family environment.



York Mind is a local mental health charity supporting children, young people and adults in the York area. They promote emotional wellbeing, provide mental health support services, and work with schools to help students feel safe, confident, and cared for.



WHAT DOES FAMILY MEAN TO YOU?

Artist's Name:

Artist's Age:

School:

Please note: this template is optional, you're welcome to draw digitally, or use any paper you have on hand to avoid printing, in consideration of the environment.

Please do whatever works best for you, as long as you submit the writing/drawing with your consent forms & child's details!





WHAT DOES FAMILY MEAN TO YOU?



Parent/Carer Consent Form

Your child has the opportunity to take part in a special creative campaign run by Children in Distress in partnership with York Mind. They will create a drawing or short written piece in response to the question: ***"What does family mean to you?"***

A selection of entries will be featured on our social media, website, and in our charity's printed materials. One randomly selected entry will also win a Family Day Out prize!

To allow us to share your child's work, we require your consent.

Child's Name: _____

School & Year Group (If entering through a school):

Parent/Carer Name: _____

Relationship to Child: _____

Contact Email or Phone (for prize contact only):

Please tick one option below:

- ☐ I give full permission for my child's first name, school name, and artwork to be shared publicly in print and online by Children in Distress and York Mind.
- ☐ I give permission for my child's artwork only to be shared anonymously (no name or school attached - just their age).
- ☐ I do not give permission for my child's work to be shared publicly.

Signed: _____

Date: _____

Thank you for your support.

If you have any questions, please contact us at:
beth.cameron@childrenindistress.org.uk