



Smiles, Hearts and Pride Olympics

The rules of the Thera South West Smiles, Hearts and Pride Olympics:

Send us photos of the things that you are doing either by yourself or as a group with housemates to participate. Here is what you need to know:

- ☺ You will receive one star for a photo of any one activity.
- ☺ When you reach a certain number of stars, you will receive an award with a certificate, a small token and a special feature on the Thera South West Facebook page. To gain the awards, you will need the following number of stars:

Bronze - 5 stars	Silver - 10 stars	Gold - 15 stars
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- ☺ Stars will be added up every month. The three highest number of stars will win prizes in the following values:

3rd prize - £10	2nd prize - £15	1st prize - £25
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* Prizes will be Amazon gift cards until the end of the lockdown. However prizes can be pooled or negotiated if there is something specific that you would like.

- ☺ Here are some ideas for you but any activity is welcome:
 - ♥ Make something from model clay or papier mache
 - ♥ Organise a spa day or a movie night
 - ♥ Tend to your garden or have a picnic
 - ♥ Organise a house party - karaoke, fancy dress, etc.
 - ♥ Have a colour themed week
 - ♥ Tell us about your favourite things
 - ♥ Play ball games
- ☺ We love to see people! So wherever possible, please share photos of yourself/yourselves doing the activities. However, as we would like to share photos on the Thera South West Facebook page, please make sure you have given consent for this.

- ☺ Please send your photos to **TSWGoodTimes@thera.co.uk**

