

Big Pledge 2015



The campaign aims to make a difference to an individual's health and wellbeing and make a difference in the community

There are 12 pledges to choose from

Pledges can be done as an individual, a group, a business or a community. More than one pledge can be made.



Twelve Pledges

Make a difference to your health and wellbeing:

- sugar swap challenge
- be sun aware
- eat a rainbow
- get active
- stop smoking
- be alcohol aware
- improve your wellbeing

Make a difference to your community:

- volunteer
- charity fundraising
- acts of kindness
- get your community active
- be dementia friendly

How to get involved?



- Decide as a CAB what to pledge
- Publicise local events or activities that local people can get involved with as part of Big Pledge
- Wear “Ask Me About Big Pledge” Badge at events and meetings
- Encourage people to:

1. Sign up on the website www.wiltshire.gov.uk/Bigpledge
 2. Follow on facebook.com/WiltshireBigPledge
 3. Send pledge photos or videos to twitter at #BigPledge
- There is a prize draw for all entries to win an iPad mini

Campaign starts on 11 May and runs until end of September
Toolkits with resources will be distributed prior to the launch

A feedback survey will be sent out at the end and data on the numbers of people from each Area Board making pledges will be available



What will you pledge?



#BigPledge



Wiltshire Council
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