

Lancaster Conga 2020



Just because we're socially restricted this year,
doesn't mean we can't still Conga!

As part of this year's virtual Health Festival we want people who live, work, or have any connection (wherever you may now live) to Lancaster, Morecambe, Heysham, Carnforth and all surrounding towns and villages to send us a video of you, your mum, dad, brother, sister, cousin, grandma, granddad, aunty, uncle, teacher, colleague, friend, doing a conga (following social distancing guidelines) to:

sarah.baines@mbht.nhs.uk

by **Friday 28th August 2020**

Videos to be a maximum 5-10 seconds long and should show you in motion ie. moving right to left across the screen in conga formation in a setting of your choice (be imaginative but not rude!).

Please gain consent from all participants as the final, pieced together
video will be posted on social media on Sunday 20th September 2020
(when the Conga would have been taking place in Lancaster City Centre)

Please note, no names or places from entrants will be shared or published.



We're going for a record number of participants



SO PLEASE SHARE AND GET CONGA'ring  **& VIDEOING** 