



What role could you play in  
the **Treat me well**  
campaign?

Take the quiz to find out.



1. What is your name?

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2. What is your relationship with Mencap?

I work for Mencap

☐

My family member gets support from Mencap

☐

I am supported by Mencap

☐

Other (please write): \_\_\_\_\_

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3. Are you at a Treat me well event?

Yes

No



4. If you said Yes, where is the event?

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5. If you said No, which Directorate, team or Network group are you from?

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5. On a scale of 0-5, how much campaigning have you done?  
(0 is nothing - 5 is lots)

0

1

2

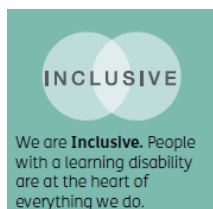
3

4

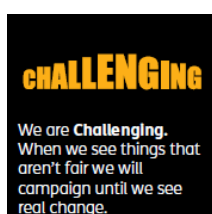
5



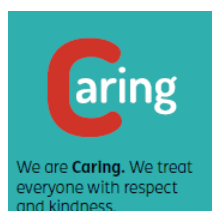
6. Which of the Mencap values means the most to you? Choose one.



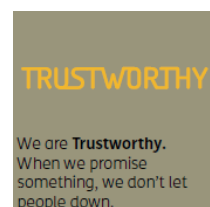
Being inclusive



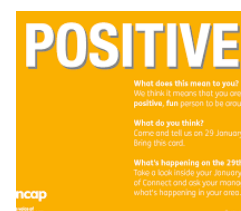
Being challenging



Being caring



Being trustworthy



Being positive



7. Hearing about problems people with a learning disability have in hospital makes you feel...  
(Choose one)

☐

A. Determined. We can do something!

☐

B. Angry. This has to change.

☐

C. Helpless. There's nothing we can do!



8. You learn about something unfair happening in the world. Which one action are you most likely to take?



Share something on social media



Tell all your friends



Start a campaign group



Write a letter to your MP



9. You think the best way to achieve change is...  
(Choose one)

☐

By being a leader

☐

By letting someone else do it




☐


By supporting others to get involved

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That's the end of the quiz. Now go to the next page to add up your score!

Your score:

Q. 5	If you chose:	Then score:	Your points
	0	0	
	1	1	
	2	2	
	3	3	
	4	4	
	5	5	
Q. 6	If you chose:	Then score:	Your points
	Being inclusive	1	
	Being challenging	5	
	Being caring	1	
	Being trustworthy	1	
	Being positive	1	
Q. 7	If you chose:	Then score:	Your points
	Determined. We can do something!	5	
	Angry. This has to change.	3	
	Helpless. There's nothing we can do!	0	

Q. 8	If you chose:	Then score:	Your points
?	Share something on social media	2	
	Tell all your friends	4	
	Start a campaign group	8	
	Write a letter to your MP	6	
Q. 9	If you chose:	Then score	Your points
	By being a leader	5	
	By letting someone else do it	0	
	By supporting others to get involved	5	
<b>YOUR TOTAL:</b>			

If you scored 0-12 points:

**Congratulations, you are a high fiver.**



You haven't got much extra time for campaigning, but you want to challenge unfairness when you see it.

You will share our message, loud and clear, using social media or by telling people you know.

But first, join the campaign using the back page on this form.

If you scored 13-21 points:

**Congratulations, you are a health hero!**



Health is a big part of your job and you know this campaign could change the lives of people you care about.

You might want to be part of a local campaigning group some time soon!

But first, join the campaign using the back page on this form.



If you scored 22-28 points:

**Congratulations, you are a super activist!!**



You've been campaigning forever - it's in your bones. You are up for a challenge and want to get stuck in with changing the NHS for good.

You are exactly the kind of person who could lead a Treat me well campaigning group!

But first, join the campaign using the back page on this form.



# Treat me well – join us!

Please write clearly. Hand this in when it is complete.

Title:      Ms              Mrs              Mr              Dr              Other

Full name: \_\_\_\_\_

Email address: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Contacting you:** we'd love to keep you updated with what we're up to and how you can get involved in our campaigning and fundraising activities. Are you happy for us to contact you:



**By email?**      Yes / No



**By post?** Yes / No



**By telephone?**      Yes / No

You can stop being contacted at any time by getting in touch with [supportercare@mencap.org.uk](mailto:supportercare@mencap.org.uk). You can find more information about how we look after your details here: [www.mencap.org.uk/privacy-and-cookie-policy](http://www.mencap.org.uk/privacy-and-cookie-policy)