

## Fundraising Summer 2020...let's get virtual

For over 30 years Manchester Mind has promoted better mental health for everyone in Manchester, and during this difficult time our charity is working hard to ensure we can continue to provide information, advice and support for anyone struggling with their mental health. Manchester Mind is now delivering all services remotely during the Covid-19 pandemic, with four key projects to benefit from donations over the next few months...

- **Food for All:** emergency food response for young people and vulnerable residents self-isolating at home, which is proving a lifeline to many across the city
- **Children and Young Person's Service (CYP):** wide range of support for 15-25 years olds, including one to one counselling and our new "listening service" launched in response to C19 crisis
- **Peer Support Groups:** weekly groups for adults now via online chat groups and phone buddy scheme
- **Advice Team:** helping people claim welfare rights/benefits including Universal Credit, as well support with debt and housing issues, as well as appeals and tribunals

During this period of self-isolation, there are many ways in which you can fundraise in aid of Manchester Mind. As with each local Mind associations, **we raise all our own funds**, so with your help we can ensure children, young people and adults in emotional and mental distress get the support they need. Here are a few virtual ideas to get you started, but let us know your plans and we will offer advice and encouragement each step of the way: [fundraising@manchestermind.org](mailto:fundraising@manchestermind.org)

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## Fundraise through exercise



### Virtual cycle to Paris...or anywhere!

Have you got a static bike at home? Challenge yourself to cycle 750km from Manchester to Paris, or see just how far across the world you can get. Set up a [Manchester Mind Just Giving page](#) and post updates by taking an "I've arrived..." photo to share with supporters!



### 10k week

Were you due to take part in a run that has now been cancelled? We know this is disappointing, but why not still undertake the race as your approved daily outdoor exercise and run 10k over a few days? Please practice social distancing and run responsibly. Ask people to support your [Just Giving page](#).



**Live exercise class?** Are you a Zumba teacher or yoga fanatic? With lots of people looking to stay motivated with their fitness, why not host an online [Zoom](#) class and ask guests to donate £5 per session to your [Just Giving page](#) in aid of Manchester Mind.

**30 Day work out challenge?** With so many free workout sessions available online, choose your keep fit style and get energised! Set up a [Just Giving page](#) so that friends and family can sponsor your healthy habits for better wellbeing.

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### With family and friends

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#### **Celebration donations**

Are you celebrating a birthday, anniversary or other special occasion? Whilst the party you had planned may not happen, you can still celebrate with a virtual gathering on [Zoom](#) or [HouseParty](#). Just ask guests to make a small donation to your [Manchester Mind Just Giving page](#), which reflects the amount they might have spent on food/drinks for your party or celebration gift.



**Live stream shows?** Now is the time to unleash your hidden talent 😊 Set up a live stream show, perhaps stand-up comedy, DJ set or virtual band gig. Ask friends and family to donate their "ticket fee" to your Just Giving page. **Or why not karaoke?** Definite "marmite" choice, but one for all the family! Get a few households together on Zoom and let the music flow. Each household can donate £5-10 to your [Just Giving page](#) to take part.



#### **Home film screenings**

We might not be able to go to the cinema, but it is easy to host a home movie screening with [Netflix Party](#) – either one movie or why not binge watch that box set with your mates! Everyone watching can donate to your [Just Giving page](#), instead of buying a cinema ticket

### Other ideas...



**Gaming tournament?** Calling all active gamers! Set up a tournament with your online community and stream on [Twitch](#) with each player donating £5+ entry fee to your [Just Giving Page](#).

**Virtual quiz and games nights?** Cafes and pubs may be closed, but you can still get together each week or month with friends for a virtual quiz night. Choose a quizmaster and meet on [Zoom](#) – you can use "presentation slides" to include picture rounds too! [House Party](#) has built in games, so incorporate Pictionary for an added fun twist. Each household can donate £5-10 entry fee to your team [Just Giving page](#).

**Viral sweepstakes?** Why not take on a viral challenge using Facebook live and set up a sweepstake for your friends. How many keepie-upies can you do, or how long can you juggle for? The more creative the better! Ask people to donate £1 to play to your [Just Giving page](#), and announce the winner online.

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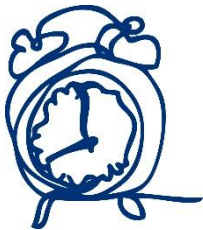
### Personal challenges

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#### **Get crafty**

Looking for a craft activity to keep you busy during lockdown, perhaps knitting or sewing? Keep entertained and following lockdown sell your items, with all sales donated to Manchester Mind.



#### **Start a positive new habit**

Now's the time to make new habits and find time for things you've always wanted to do. Make meditation part of your daily routine, quit smoking, challenge yourself to a "dry" month or give up your favourite food. Set up your personal [Just Giving page](#) to gather donations in support of your efforts and update supporters on your new found trends.



#### **Home declutter**

Have a "spring clean" and make donations out of your unwanted books, CDs, DVDs and games. With [Virgin Money Giving](#) you can set up a Manchester Mind fundraising page linked to [Ziffit](#) – they will collect and buy your items, turning sales into donations for Manchester Mind.

### Fundraise with work colleagues

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#### **Fancy Dress Work Meetings**

Do you have a daily video call with workmates? Keep it interesting by making one meeting each week fancy dress (or reverse dress down theme with "dress up" challenge). Set up a team [Just Giving page](#) and see how much you can raise by asking for £3 entry fee – vote for best/worst outfit!



#### **Friday after work party**

Missing your Friday social with colleagues? Have a get together on [Zoom](#) and raise a glass, donating the cost of your drink/nibbles to your team [Just Giving page](#). It's a great way to meet your work mates' families too!



#### **Catwalk Competition**

It might be a while before we see our colleagues at the office, but charity competitions keep team spirit alive. Grow that ridiculous beard or shave your head! Organise a virtual catwalk and vote for the most impressive transformation. All entrants donate £10 to the team [Just Giving page](#).

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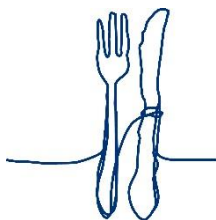
### Fundraise with neighbours

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#### Street Tea Party

Many might be feeling lonely during this time, and a simple cuppa and chat can make a difference. Invite your street to sit on their door step with a brew and get to know your neighbours whilst staying at a safe distance. Ask everyone in the community to make a small donation to your [Just Giving page](#).

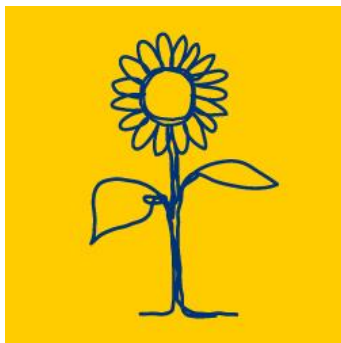


#### BBQ Garden Party

With Summer on its way, enjoy a feast in your garden and invite neighbours to do the same in their gardens. Get some gentle music playing and enjoy that feeling of togetherness whilst staying safe. Set up a [Just Giving page](#) for your street and make a small donation instead of taking a dish for your host.

### Please stay in touch...

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We hope our ideas help inspire a sense of continued connection during these difficult times. Please know we're still here for our supporters, so get in touch to let us know your plans, and we will offer help and advice each step of the way.

We can be immediately reached Monday-Friday via email [fundraising@manchestermind.org](mailto:fundraising@manchestermind.org) (or call 0161 7695732 and leave a message, which we will receive within 24 hours via remote switchboard).

You can also sign up to our [charity newsletter](#), find wellbeing information and working from home advice on our [website](#), or join to our FREE weekly mindfulness sessions by [registering here](#)

Thank you for supporting Manchester Mind  
Our thoughts remain with you and your loved ones