

## Virtual Fundraising Autumn 2020

Thank you for considering fundraising in aid of Manchester Mind, especially during these changing times. As with all local Mind associations, **we raise our own funds** to keep local services running, so with your help we can ensure children, young people and adults in emotional and mental distress get the support they need, now and in the future.

For over 30 years Manchester Mind has promoted better mental health for everyone, and during the pandemic we've worked hard to provide information, advice and support for anyone in Manchester who is struggling with their mental health.

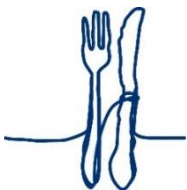
This Autumn, we continue delivering projects and services remotely during the pandemic, with four key projects to benefit from donations:

- **Food for All:** emergency food response for young people and vulnerable residents, providing a lifeline across the city
- **Children and Young Person's Service (CYP):** support for 15-25 year olds, including counselling and new "listening ear" service
- **Peer Support Groups:** weekly groups for adults via online chat groups and phone buddy scheme
- **Advice Team:** welfare rights and benefits support, including Universal Credit, as well help with debt and housing issues, as well as appeals and tribunals

Here are some virtual fundraising ideas, but let us know your plans and we'll be happy to offer encouragement each step of the way...

## Seasonal fundraising

---



### Autumn Celebrations

Celebrate the nation's most loved dish during [National Curry Week](#) (5-11 Oct) by cooking up a hot and spicy meal for a great cause, or on 14 November organise a Diwali "festival of lights" gathering online (or socially distanced street party), donating the money you would spend on sweets/food to our charity.



### Pumpkin carving or Halloween quiz

Get creative and organise a pumpkin carving contest. Virtually compete with friends and family over Zoom, asking for a small "entry fee" - the most creative pumpkin wins half the prize money, with the rest donated to Manchester Mind. And even though we can't go trick and treating this year, you could organise a virtual Halloween quiz, asking guests to make a donation for their "team entry" on your [Just Giving page](#)



### Seasonal craft

Take a socially-distanced walk and find some acorns, chestnuts, pine cones and greenery. Get crafty and make beautiful ornaments and wreaths (examples [HERE](#)) and sell online through your community networks in aid of our local services.

## Virtual Fundraising Autumn 2020

### Wellbeing and fitness

---



#### **Couch to 5k**

Were you due to take part in a run that was postponed, or simply looking to get fit and healthy? Undertake the classic "[couch to 5k programme](#)" to make sure you get your approved daily outdoor exercise this Autumn. For each day or mile you run, ask people to support your [Just Giving page](#).



#### **30 day morning yoga challenge**

For October, start the month positively with an online yoga challenge. It just takes 10 minutes of your morning, but will give you an extra boost as the weather gets cooler. For example, [Yoga with Kassandra](#) pre-recorded videos are an easy way to get active and set your intention for the day. Donate £3 for every day that you manage to complete the challenge, or ask loved ones to sponsor you during the month.



#### **31 days mindfulness challenge**

Take a pause each day for your wellbeing with the Manchester Mind 31 day mindfulness challenge! Simple activities help bring awareness and calm to your daily life – no experience is needed. Download our [mindfulness challenge pack](#) then set up your [Just Giving page](#), so that friends and family can sponsor your healthy habits for better wellbeing.

### Fundraise with work colleagues

---



#### **No shave November**

If you're working from home and always wanted to "rebel" with a different look, now is the perfect time! Simply set up a [Manchester Mind Just Giving page](#) and ask colleagues to sponsor you 1-30 November, sharing the before and after photos, or complete the challenge as a work team.



#### **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 the 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**

In need of more Friday socials 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!

## Virtual Fundraising Autumn 2020

### Community Ideas...

---



#### **Fantasy football**

Miss playing sports with your team or gathering to watch the match? Play a fantasy premiere league in the comfort of your own home at [online](#) against friends and family while raising donations for Manchester Mind.



#### **Creative marathon**

Who said marathons just involve running? From watching movie trilogies to online games, challenge yourself to an activity with friends for 6 hours non-stop! Set up a [Just Giving page](#) and donate for every hour completed.

#### **Online tutorial**

if you have a hidden skill or love doing something, share your passion with others by organising virtual tutorials, such as teaching a foreign language, DIY or cooking. Donate a percentage of your "fees" to Manchester Mind.



#### **The best gift of all...**

Celebrating a birthday, anniversary, or a special occasion soon? Instead of asking for presents, encourage "the gift of kindness" by creating a Just Giving page and suggesting that loved ones make a small donation.



### Keen to fundraise? Please get in touch...

Let us know your plans and we'll offer support each step of the way: [fundraising@manchestermind.org](mailto:fundraising@manchestermind.org) / 0161 7695732

You can also sign up to our [charity newsletter](#) and find wellbeing information on our [website](#)

**Thank you, stay well and safe**