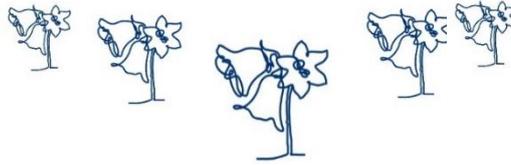


Virtual Fundraising Spring 2021



As we continue through these changing times, Manchester Mind is so grateful for your support. As a local Mind association, **we raise our own funds each year to keep local services running**, so with your help we can continue to be here for local people in emotional and mental distress.

During the current crisis our services are delivered remotely, with four key projects to benefit from donations...

- **Children and Young Person's Service (CYP):** supporting 15-25 year olds, including peer support groups, virtual wellbeing café, "listening ear" sessions, benefits advice and counselling
- **Food for All:** emergency food response for vulnerable families and isolated residents, including freshly made hot meals and essential items delivered to peoples' doorsteps
- **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), help with debt and housing issues, as well as attending appeals and tribunals

We hope these virtual ideas inspire your fundraising plans, but get in touch as we're here ready and waiting to offer our help each step of the way.

Seasonal Fundraising



Declutter your wardrobe

Is it time to get into the "Marie Kondo" spirit and address the chaos of your unloved closet and drawers? Generate charity donations by selling items that no longer "spark joy" on [Depop](#), [Vinted](#) or [Preloved](#) – it'll create harmony in your home and make space for what matters. Or host a clothes swap party and ask for £10 per 2 items in aid of Manchester Mind through your [Just Giving](#) page.



Sowing the seeds of love

Now is the perfect time to get your hands in the soil and plant your favourite seeds. Encourage friends and family to get involved and watch your flowers and vegetables grow. For every seedling that thrives, make a small donation to [Manchester Mind](#), or wait a little longer to sell mature plants to neighbours and friends. The green ideas are endless 😊

Virtual Fundraising Spring 2021

Wellbeing and fitness

Lockdown Virtual Challenge

If you're missing the chance to participate in your favourite annual run, recreate the experience by plotting the route around your local neighbourhood. There are now hundreds of virtual challenges to try – from simple to super ambitious! What might appeal to you, solo or as a team challenge? Download our new [info pack](#) for ideas and get in touch.



Big kids and little kids get fit!

If you want to encourage your kids to get active, why not connect with the Youth Sports Trust, who are offering free [after school sessions](#). Get together with other local parents for motivation and create your [Just Giving page](#) to gather small donations for each week the kids complete. Or share free online fitness classes aimed at juniors ([examples here](#)) or ask local fitness instructors if they might be willing to support your "charity club" with live sessions. Visit the [NHS website](#) for 10 minute shake up games that might be ideal fun too...

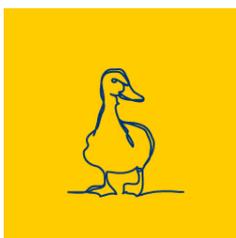


Fundraise with work colleagues



Staffernoon tea

If you're missing a chat with colleagues over a cuppa, host a zoom Staffernoon, it's a great way to connect and you can donate the cost of tea (and Easter Eggs!) to Manchester Mind. Or if your weekly team video calls feel stale, commit to a dress up theme, create a [team page](#) and charge £15 for anyone not in costume at each meeting!



Super steppers

Challenge your team to take on a collective goal, such as climbing the height of Ben Lomond using their home staircase over 31 days, or focus on individual walking routes that make up the average commute to and from the office. Then create your [Just Giving page](#) and ask all your contacts to make a small donation per mile or overall distance achieved. Good luck everyone...

Virtual Fundraising Spring 2021

Community Fundraising



Spring Garden Party

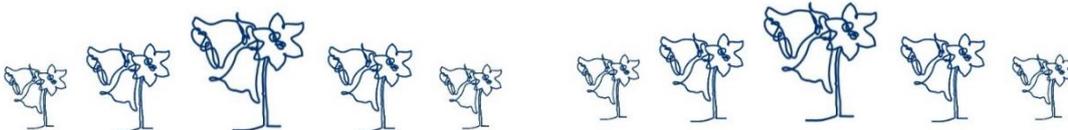
Enjoy a sunshine lunch in the safety of your garden, inviting immediate neighbours to do the same. Play some music and enjoy a feeling of togetherness over the fence, as the warmer weather begins. Follow up by inviting the whole street to your charity "rate my picnic" – with each house making a £10 donation to your [Just Giving page](#) – with a vote for the best spread and simple gift going to the winning neighbour.



Book Club

Turn off Netflix and start a community of book-lovers! Get together each week or once a month online to discuss an inspiring book of everyone's choice. Find ways to raise vital funds for Manchester Mind by creating your own [club page](#), asking for a small regular members' fee, or even host an ambitious author "meet and greet" event with your favourite writers!

Keen to fundraise this Spring? Please get in touch...



We trust these ideas bloom in your imagination, but let us know your plans as we're here to offer encouragement and support along the way: fundraising@manchestermind.org / 0161 7695732

If you haven't already, please also sign up to our [charity newsletter](#) or check our [website](#) for the latest news

Thank you for your kind support, stay well and safe x