



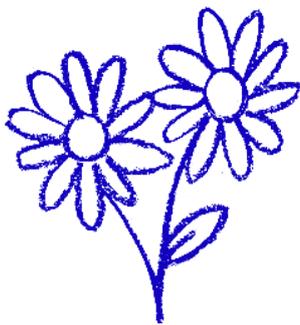
Fundraising Pack Summer 2021

Manchester Mind is so grateful for your support, as **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 pandemic our services are delivered remotely, with four projects to benefit from donations...

- Children and Young Person's Service: supporting 15-25 year olds, including counselling, peer support groups, virtual wellbeing café, "listening ear" sessions and benefits advice
- Food for All: emergency food response for vulnerable families and isolated residents, including freshly made meals and essential items delivered to peoples' doorsteps
- Peer Support Groups: weekly groups for adults via online groups and phone buddies
- Advice Team: offering welfare rights and benefits support, help with debt and housing issues, as well as attending appeals and tribunals

We hope these ideas inspire your Summer fundraising plans, but get in touch as we're happy to offer encouragement and help each step of the way.

Seasonal Fundraising



Summer Solstice: we're heading towards the longest day of the year on 21 June, so make the most of it with a sunset party, which includes a simple and fun activity in aid of our local services

Field day: organise a good old-fashioned fun day with sack race, three-legged race, egg-and-spoon, water balloon toss or tug-of-war. Set up an [event page](#) and let us know your plans

Ice-cream social: you can't enjoy the heat without a cold treat. Gather friends to sell ice-creams and [donate](#) the monies raised

Dare to care, cut your hair: if you've long hair and are feeling brave to make a change, make it count by raising funds in aid of our local mental health charity. Create your [sponsored challenge](#) page, encouraging donations from loved ones...remember to share the "before and after" photos!

www.manchestermind.org

Registered Charity 1102058





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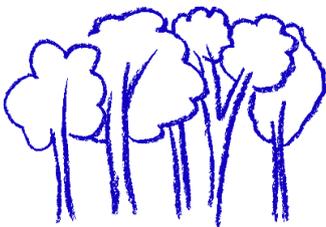
Wellbeing and fitness



Swim-a-thon: beat the heat with a cool open water swimming challenge. Gather [donations](#) of £1 for each lap completed

Smiles over the miles: if your overseas holiday is on hold, why not virtually row, walk or run the distance to your destination? Ask for donations from friends and family, adding weekly updates of your miles completed on your [challenge page](#)

Fundraise with work colleagues



Adventure Scavenger Hunt: Summer is the time for adventures, so plan a scavenger hunt with work colleagues.

Ask colleagues to sign up in teams and raise a minimum amount to be collectively [donated](#) to our local charity

Give it up: challenge each other to give up something you enjoy for one month, switching to “healthy habits” promoted through individual or team [charity](#) event page

Community Fundraising



Outdoor Cinema: organise a film screening and watch a Summer classic, with ticket sales and popcorn in aid of Manchester Mind

Mystery Box: promote a “wellbeing goodie box” with your local social club or community group – everyone who makes a charity [contribution](#) (£10-20) receives a surprise gift in the post

Jumble Trail: host a series of “yard sales” with a few neighbours, advertising this locally as a “jumble trail” with proceeds [donated](#) to Manchester Mind

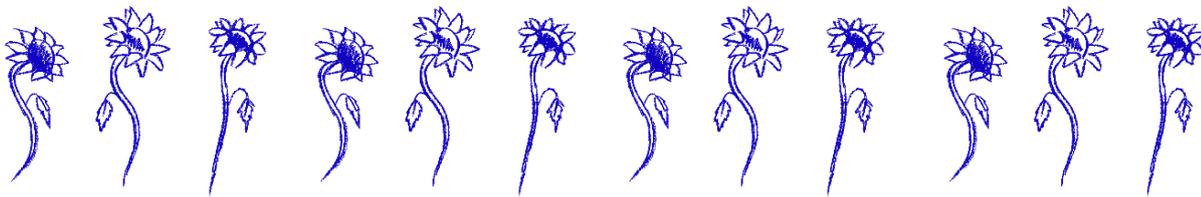


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Keen to fundraise this Summer? Please get in touch...

We trust these seasonal suggestions bloom in your imagination, and spark other ideas of what you might do to support our local mental health services. Please let us know your plans and we'll offer encouragement and support along the way, as well as wellbeing materials for events and charity t-shirts or running vests..

fundraising@manchestermind.org
0161 7695732



You can also sign up to our [charity newsletter](#) or visit our [website](#) for the latest news.

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