

New Venue. Bigger Vision. Better Support!

Our New Home

Fundraising Pack
2025



The difference your fundraising could make:

There is a crisis in mental health services – that leaves people waiting (2 million nationally) for long periods of time without the help that they need.

Here in Manchester we know that creating a hub in the city centre is essential to being able to offer support locally and early which makes a massive difference to outcomes.

We want to make it easier for people to ask for and get the help that they need.

“Because of you, I have hope
things can change.”



£100 could

contribute towards creating
a staff and volunteer
wellbeing space

£500 could

contribute to the décor of one
of our 1:1 counselling rooms

£1000 could

help us build
an advice library

£5000 could

contribute towards creating a
warm welcome and access in our
reception and waiting areas

Why help us move?

As demand for mental health support grows in Manchester, so does our need for an accessible space from which to deliver local services, making it easier for anyone to ask for help.

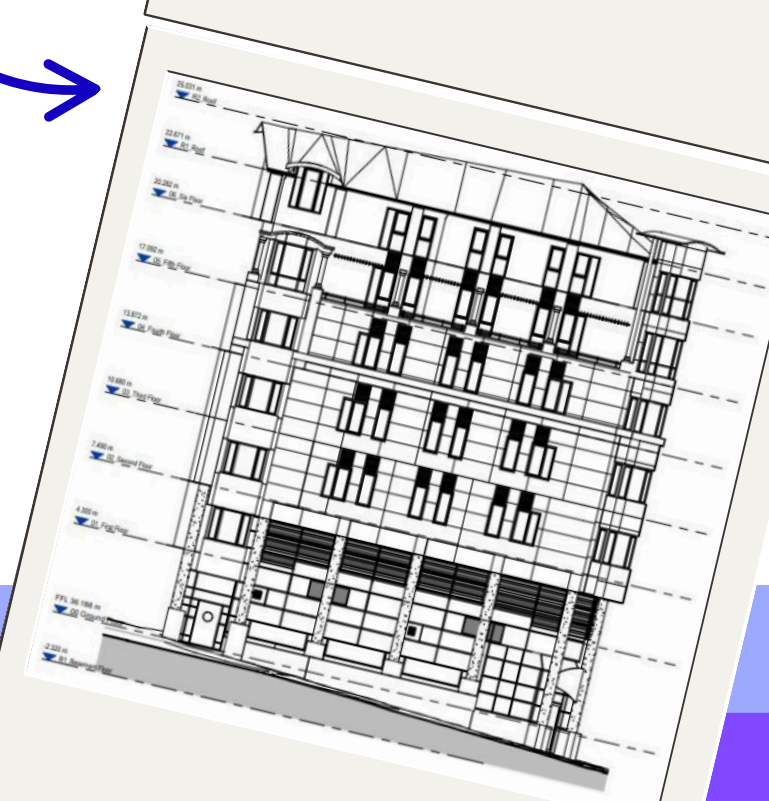
Last year 11,000 people reached out to our charity, which is 23% more than the previous year.

Fully equipped meeting and training rooms available for rent

10 confidential meeting rooms

Warm and welcoming reception area

1-1 counselling and advice sessions







**On 10th October, the world will come together
to talk about mental health.**

What better time to take action locally, for Manchester?

By fundraising this **World Mental Health Day**, you'll not only raise awareness - you'll help us build a space where thousands of people can find support, hope and community for years to come.

You don't need to do something huge
- small actions create big change. You could:

-  Host a coffee morning
-  Take on a personal challenge
-  Rally your workplace for a team fundraiser
-  Set up a quick online donation page

 **Mind** Manchester

Fundraise with work colleagues

Promote World Mental Health Day

Book some [training](#) or Mental Health Awareness talks for your team. You will be contributing to your workplace wellbeing whilst reducing stigma and improving connection. Any profit raised goes straight back into the charity.

Host your own relaxing lunchtime activity

Such as a mindfulness session or games hour. Ask for £5-10 donation to attend, gathered on your Just Giving page.

Cake Bakes

Everyone loves a charity cake bake! Invite colleagues to create Halloween/Autumn themed cakes for the office, charging a small amount for each treat sold.

💡 Double Your Impact with Match Funding 💡

Did you know you could double the money you raise this World Mental Health Day?

Many employers offer match funding, where they'll match what you raise for charity. That means your £200 coffee morning could become £400 for Manchester Mind's new home - at no extra cost to you.

Fundraise Individually

Fitness and Wellbeing



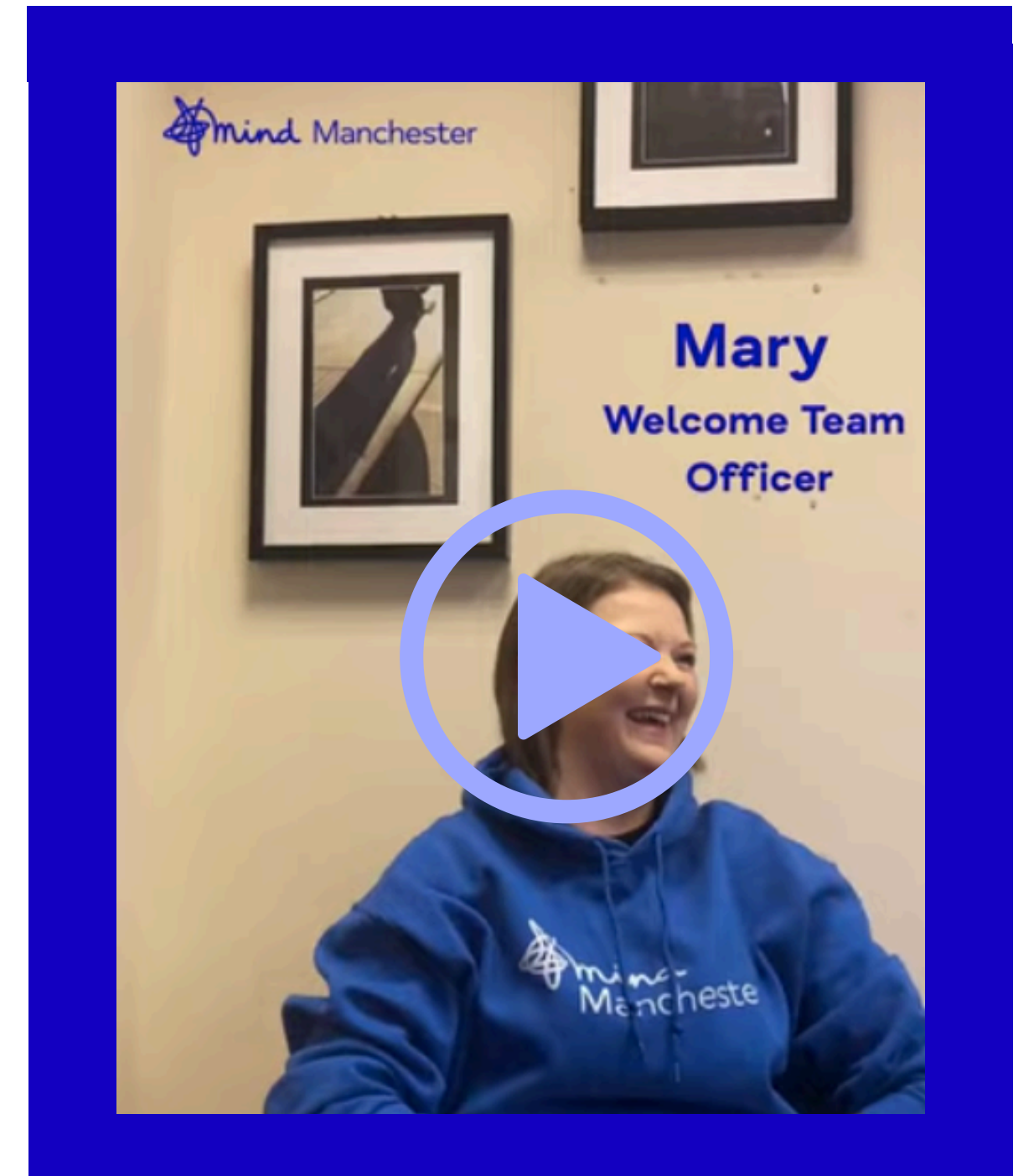
You might want to take on a running challenge? Encourage your friends and family to support you with online donations. For inspiration, find [Manchester Autumn races here](#)



Organise a local sponsored walk with friends, family or your social club, taking notice of nature to boost your well being



Complete a month long online yoga challenge. [Yoga with Adriene](#) videos are an easy way to get active.



Thank you!

Help us create a place of belonging

If you would like to find out more about our move, visit our website manchestermind.org/ournewhome

Click here to make a one-off donation



Click here to set up your JustGiving fundraising page



Thank you for your support of our local mental health charity and please get in touch!



0161 769 5732



[Send us a message today.](#)



manchestermind.org/ournewhome

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