



**Mind in Mid Herts**

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Reg. Charity Number 1101678

Thank you for choosing to fundraise with Mind in Mid Herts, although we are affiliated with National Mind we are completely independent and therefore need to source our own funding through grants, donations and fundraising. Mind in Mid Herts is an experienced and innovative provider of mental health services and our vision is to ensure the mental health of everyone in Hertfordshire is supported and respected without fear of stigma or judgement.

Currently **1 in 100** of us will have a severe mental health problem at some stage in our lives and unfortunately the number of people experiencing a mental health problem at work has increased over 5 years from a quarter to a third. Additionally the economic cost of mental illness in the UK is far greater than the total cost of crime and your support is crucial to us making a difference to people in Hertfordshire.

In this pack there are hints, tips and advice on how you can fundraise for us depending on the time you have to offer and what your target is. Don't forget you are not on your own and we can offer further advice and support for you.

Thank you again for choosing Mind in Mid Herts & good luck!

Kind regards

Sharn Tomlinson  
Chief Executive Officer

## **The start of your event**

Deciding what fundraising event you want to organise.

### **What time do you have to spare?**

Depending on how much time you have depends on what event you can organise. Events such as a summer ball or a dinner dance can take weeks if not months to organise, however a cake sale or clothes swop can take much less time. Whatever time you have to spare we have fun ways for you to raise money.

### **What do you enjoy doing?**

One of the most easiest and fun ways of fundraising is to do something you already enjoy. If you enjoy cooking you may like to do a come dine with me event with your friends or if you enjoy making cards, you could sell seasonal cards to raise money.

### **When are you going to do it?**

In order to appeal to the right people and get others involved you need to work out if the event will be on a weekday or at the weekend and what time of year will the event be taking place.

### **Who are you aiming to participate?**

Always keep your events simple and build on that to make it fun and interesting. Of course different events appeal to different people so it is important to find out who and how many you want to invite. Do you want to keep it small and invite friends and family or have a work event, or would you like to also appeal to your community?

### **Where will it take place?**

Depending on what your event is and who you want to attend depends where you hold the event. If its friends and family will it be held at your house? Or if it is for the community or a bigger event are you going to have the event at a community centre or local pub?



## Less time consuming but still really fun;

### Events based at home:

**Games Night-** Host a Risk or Monopoly Night, charge people to enter and get people competing!

**Girls Night In-** Rather than going out donate what you would spend and spend a night in with the girls!

**Lads Night In-** Rather than going out get your mates over and charge to compete in an Xbox or Playstation games night.

**Make your Own Crafts-** If you enjoy crafts, why not make cards or jewellery and sell them to raise money.

**Natural Selfie-** Take a no make- up selfie and help us raise awareness for Mental Health, or if it's difficult for you to leave the house without make- up, how about getting sponsored to go natural for a week or if you're brave enough, a month!

**Sponsored Give up a Habit-** Everyone has a bad habit so why not give yourself more motivation and get sponsored to give up. You could raise money for giving up a messy room, smoking, alcohol, meat or sweets.

**Sponsored Silence-** If it's a challenge to stay quiet why not get sponsored to stay quiet for a certain amount of time?

### Events based at Work or at School:

**Cake Sale-** Get the students and teachers who like baking to bake some delicious treats to have at break time- could even see whose are better, teachers or students...

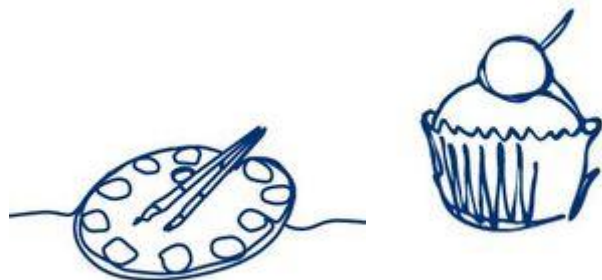
**Guess the...** - Guess how many sweets is in the jar, or guess the teddies name, this is a great idea to charge people and get their competitive side out to win a prize!

#### **Dress- Down Day-**

Have a non- uniform day or casual day at work or school for a small donation.

**Luncheon-** Instead of buying lunch one day why not make some snacks for lunch and charge people to have that, it's a lot cheaper and it's homemade.

**Match Giving-** If you're putting on an event why not ask your work or school to match what you have raised?



## If you have more time...

### Events based at home;

**Come Dine with Me-** Why not get a group together to host a dinner party and compete against each other- charge to enter and give a prize to the winner.

**Pamper Party-** Get your friends together and host a pamper party with snacks and drinks. Beauticians may give you a good price as it is for charity and you can ask your friends to donate.

**Bake- Off-** Get your friends and family to get competitive and bake to be the winner! Donations to compete!

**Clothes Swop-** Why not ask your friends and family round with unwanted clothes and swop for a donation.

### Events based in the community;

**Quiz Night-** Hold a quiz night at your local pub or community centre and charge people to enter. To raise a little more why not hold a raffle or silent auction.

**Bingo-** Bingo doesn't just have to be about numbers, make it to do with celebrities or pictures of holiday destinations to make it slightly different.

**Dinner Dance-** Dinner dances can be done all year round and can be a good excuse to get friends and family together. You don't need a huge venue, keep it simple and build from there. We have held dinner dances and have assisted people with this so please get in touch!

**Karaoke-** Find out who has a karaoke machine and get people singing- good or bad vocals it's a lot of fun and a great way to raise money!



### Sporting & Adventurous events;

**Challenge Central-** Check out the challenge central website to discover various challenges such as cycling from London- Paris, climb Snowdon or the 3 peaks challenge to name a few.

[www.challengecentral.co.uk/](http://www.challengecentral.co.uk/)

**Skydiving-** Beat the fear factor if you dare and raise money while you do it!



## Ensuring your Event is Legal & Safe

Please remember to check with us before you arrange an event to make sure legal aspects have been thought of and that your event is safe. Please email [fundraising@mindinmidherts.org.uk](mailto:fundraising@mindinmidherts.org.uk) and we will be happy to advise you before you plan your event.

## Online Support

Use Virgin Must Giving, Just Giving and GoRaise to boost the amount of money you want to raise.

Links: [www.virginmoneygiving.com](http://www.virginmoneygiving.com)  
[www.justgiving.com](http://www.justgiving.com)  
[www.goraise.co.uk](http://www.goraise.co.uk)

For more information on how to set up please contact us.

Social media is the best marketing tool so spread the word about what you're doing on social media. Tag us and we will also share on our social media.

## Promote why you're doing it

1-4 people suffer with a mental health issue each year.  
Rates of suicides are rising and 78% of them are men.

The cost of mental health is estimated to cost the economy in the UK 100 billion pounds a year which is almost double that of crime which is 60 billion pounds.



**GoRaise**

