

**THE BIG  
MENTAL HEALTH  
GET TOGETHER**



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# Welcome to your digital fundraising pack

Thank you so much for choosing to host your own Get Together. This pack will help you to host your very best and most fabulous event!



Mental Health UK, 15th Floor, 89 Albert Embankment,  
London, SE1 7TP. Registered Charity no. 1170815



# What should my Get Together look like?

## THE BIG MENTAL HEALTH GET TOGETHER

Deciding on what sort of Get Together you want is the first and possibly most exciting thing you need to plan! Here's some inspiration on how to turn a good time into a fundraiser.

## MOCKTAIL PARTY - PARTY FOR A PURPOSE!

Get dressed up and challenge your friends or colleagues to a **classic mocktail making competition**. Who can make the best mockjito? Source some judges and ask participants to make a donation to Mental Health UK to help raise funds. Heighten the excitement by doing blindfolded taste tests!

Invite your friends and family round, **set up a mocktail making station** in your home and have a fun-filled evening of creating new and exciting mocktails. You could give small prizes for Most Creative, Best Presentation and Tastiest Mocktails.



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# GARDEN PARTY – GET TOGETHER OUTSIDE COME RAIN OR SHINE

Try to beat those Olympic World Records by **organising your own sports day**. 100m sprint, relay race, what about a boot camp in the park? **Download our sports day resource and get going!**

What about a **Back To School garden party**? Provide food, drinks and games for adults and children - both little and big. Think egg and spoon races, obstacles courses, tug of war. Ask participants to make a donation to Mental Health UK to help raise funds.

If you are green fingered, you can take cuttings of your house plants, pot them and have a **plant party!** Give your plants away in exchange for donations to Mental Health UK.





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### OFFICE PARTY – BEAM WITH THE DREAM TEAM

Re-energise that snack table! Ask for a donation per snack, or you could challenge colleagues to a **Guess the sweets in the jar game**. The old favourite can be jazzed up by swapping sweets for something else. What about guess the chocolate chips in the cookie, guess the number of grapes on the bunch (you get the idea!)

A **raffle** can be a quick and fun way to boost your fundraising - source some prizes, and sell tickets for donations.  
**Download our raffles guide and get going!**

You could bake a **delicious cake** and ask for donations in return for a slice. Alternatively if baking isn't your thing, some cake/ cupcake companies offer free baked goods if you are fundraising for charity- have a google and an ask around.



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### FEAST WITH FRIENDS - ENJOY TIME WITH YOUR MATES

Whether it's a brunch, lunch or dinner, **make a mouth-watering meal** for your friends. What would they pay for a meal THAT delicious at a restaurant? Ask them to donate their chosen price to Mental Health UK.

You could even organise extra entertainment, like **hosting a quiz** and asking your friends to donate to take part. Source a prize for the winner from a business (could be a voucher from a local restaurant, or a haircut from a local hairdresser).

A dinner with a twist! Get your friends together for a **murder mystery evening**. Dress up, solve the mystery and catch that murderer! Search for BBC Good Food's Murder Mystery game. You can use their free game or you could adapt the characters and the story to make your own themed one!



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### VIRTUAL PARTY – TOGETHERNESS WHEN YOU'RE FAR APART

Do you have a **skill** you can share in return for donations? Holding a 'how to' virtual craft workshop, a cook-a-long, collaging, knitting- the options are endless. Ask for a donation to take part.

Get the popcorn and **host a film night** – find a film that everyone can watch at the same time over a video call. Donate to take part, then, you could test the audience's attention by making a quiz about the film for when the lights come on.

Organise an **evening of fun tasks** for your friends, family or colleagues to complete over a videocall. Things like: "Put on a hat, silliest hat wins" or "Draw someone from this videocall in 20 seconds, most accurate drawing wins." Score everyone based on how well they completed the tasks and the person with the fewest points at the end of the evening has to donate the most. The winner gets the glory, and free fun!



Once you have decided on the Get Together you're holding, it is time to get to **work on your fundraising page**, as this is where your guests can find out more about you and your Get Together.

Add a photo of yourself, a few sentences on why you have decided to hold this Get Together and why mental health is important to you.

Explain a bit more about your Get Together, what guests can expect and ask for a donation as your friends RSVP!



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## HERE ARE SOME MORE TOP FUNDRAISING TIPS FOR YOUR EVENT:

Talk about the cause. Telling your supporters where the fundraising is going is really important, both on your fundraising page and at the Get Together!

➤ Click this link for more info on what we do

### Here are a few 'What £5 could do'

£5 could help us update our information hub with essential information to help people who may be feeling anxious to manage their mental health.

£5 could provide seeds and equipment for gardening projects across Wales supporting peoples recovery.

£5 could provide materials for art therapy sessions, helping people relax and build new friendships.



**Get a QR code.** Using a QR code makes it easy for your friends to donate via credit or debit card, anywhere! Follow these steps to download it here. Print it or have it open on your phone to pass around at your Get Together.



**Share your page.** Some people may want to donate, even if they can't make it to your Get Together. Share your page with friends, family and colleagues to let them know you're fundraising for Mental Health UK. Share on Facebook, Instagram, twitter and WhatsApp!



**Get in touch** with us on [events@mentalhealth-uk.org](mailto:events@mentalhealth-uk.org) if you want to chat anything through or if you just want some clarification on any fundraising ideas- we love to hear from our supporters and the amazing things they are doing.



**Use all of the assets we are providing!** The rest of this pack is designed to help you with your fundraiser- so have a look and make sure you use as many of the ideas and materials as you can...

# THE BIG MENTAL HEALTH GET TOGETHER

## FUNDRAISING RESOURCES

Use these resources to help you organise and promote your Get Together



### Poster

Put up a poster at work to tell people about your Get Together



### E-vite

Invite your friends, family or colleagues to your Get Together



### Video Call Background

Jazz up virtual Get Togethers with this colourful background



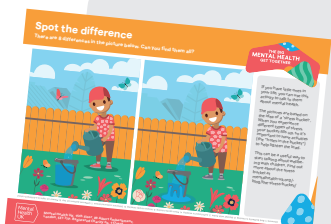
### Mental Health Quiz

Run this engaging quiz at your Get Together to improve guests' mental health knowledge



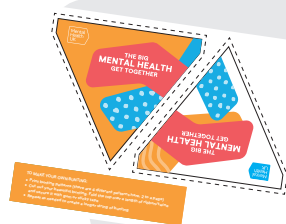
### Top Talking Tips

Use this resource to have supportive conversations about mental health



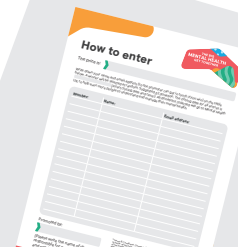
### Spot the Difference

Get the little ones involved with this kid-friendly activity



### Bunting

Download and print this fun bunting to make your event pop!



### Prize Draw Form

Increase the funds you raise by running a prize draw at your Get Together



**Go to The Big Mental Health Get Together fundraising resources to download them.**



# AMITA'S STORY

Your fundraising helps people like Amita live their best possible lives

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## "Group members all have their own issues, but we all come together for support and that's what helped me."

My journey started when I was in my early 30's. I felt a darkness in my mind that made me feel unable to cope with daily life. I wasn't taking care of myself – I was too busy looking after my family, children and husband. It made me feel like a failure as it led to financial difficulties.

I felt like I was in a bubble of depression. It was emotionally draining and left me feeling numb. I was physically unable to acknowledge other people as I was in my own bubble.

My daughter was attending a support group for her own mental health, but I hadn't considered that they might be able to help me too. Through the services she was using I was made aware of counselling available to me.

After accessing counselling for the first time I felt like a heavy weight had lifted off my shoulders. I remember feeling as if light was surrounding me, people appeared out of nowhere. I began to feel again, see faces and acknowledge others. Being able to connect with others again left such an impact on me.

Through the counsellor I came to know of other support services they provided, and I joined the Rethink Mental Illness Sangam Support Group in 2015. Joining wasn't an easy process for me. I needed a lot of encouragement to come out isolation and begin sharing and participating in the group. But I'm so happy that I did. I now wanted to leave the house, meet new people and become less isolated. Group members all have their own issues, but we all come together for support and that's what helped me. I found happiness in making new friends and learning new things.

I enjoyed trying new activities like cake decorating, and I completed health and safety training at the local Adult Education Centre. Taking part in the course gave me new confidence. It made me feel like I was capable of learning and making progress.

In 2016 I was given the opportunity to contribute to devising group activities. I suggested knitting, because it's a hobby of mine, this was supportive for me and involved the group.

The positive impact the group has had on me is huge. I don't feel so isolated any more. If the support had not been available I would still be facing depression and loneliness, unable to look after myself and over-thinking things. Rethink services also supported me with practical and emotional support, including obtaining the right benefits for my health.

Something that really helped me was keeping a diary alongside my therapy. I can now look back at where I was in previous months and see how far I've come along.



Please note: Names and identifying details have been changed to protect the privacy of individuals.