

# How to Support Mind Aberystwyth?



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# Why Support Mind Aberystwyth?

We are a local, independent mental health charity based in Aberystwyth providing services to local people including students.

We are affiliated to Mind and share the same aims. We won't give up until everyone experiencing a mental health problem gets both support and respect.

## About Us

We work to create a better life for everyone with experience of mental distress by:

- Advancing the views, needs and ambitions of people affected by mental distress, including carers, family, friends and supporters
- Influencing policy through our involvement in the planning, development and review of local mental health services
- Challenging discrimination and promoting inclusion
- Developing quality services which reflect expressed need and diversity;
- Achieving equal rights through the creation of opportunity

## Raise Awareness

There is still a lot of stigma around mental health. Do your bit to reduce stigma by raising awareness of mental health. Something small like asking your friends and colleagues how they are feeling to something bigger like organising a coffee morning for mental health can really make a difference!



## Volunteer



We have some great volunteering opportunities at Mind Aberystwyth, including in our drop-in and sessions. They are subject to a DBS check. If you are interested please get in touch and we will do our best to match you up to the best role.

## Fundraise!

We are always looking for funding to both continue and expand our services. Any donations or money raised is used within the Aberystwyth area to deliver mental health services.

Organising an event or setting yourself a challenge is a great way of raising money!



# Easy Fundraising Ideas

Below are some easy and well tested fundraising ideas for you to try.

## Get Baking



A simple bake sale at home, work or university department is an easy and fun way to raise some money for us. Sell cupcakes or slices of cake for 50p or £1 or arrange your own Bake Off competition and see how much you can raise.

## Get Dressing up...or down!

People love a good reason to dress up in themed clothes or dress down to work, school or University!

## Get Drinking....Coffee!

Another tried and tested fundraising activity is the classic coffee morning. Invite a group of friends over to your house or local community hall for coffee and a nice chat, and charge for the privilege of your company! Why not combine this with a bake sale as well!



## Get Partying

Have some fun and raise money for us by hosting a themed party and charging your guests for entry! The ideas are endless, from fancy dress to karaoke, and from birthdays to Christmas.

There is always a reason to party!

## Big Fundraising Ideas

Sometimes its great to take part in something really special, something that will be an experience you will remember the rest of your life. Perhaps your dream is to run a marathon, or to jump out of a plane. We can give you the advice and support you need to make these dreams become a reality if you choose to support us.



Being physically active is important in developing health and wellbeing. How about taking part in a sponsored event such as a run, swim or cycle.

These take place all over the country and are at all different distances from 5k runs to full Marathons. These are great ways to not only raise money for Mind Aberystwyth, but also to have a fantastic experience and sense of achievement. Or to face your fears with a skydive challenge!

### Are you part of a society or club?

If you are a member of a sports team, club or society, would your team like to raise money together? Anything is possible: you could arrange a charity ball, arrange a charity sports match or even a calendar? Aberystwyth University Netball Team over £3000 with their 'Naked' Calendar—amazing!!!



# Fundraising Top Tips

## **Make it fun**

We believe that its important that you enjoy fundraising for us. Make sure that any fundraising activity that you are organising has that element of fun in it.

## **Team Building**

If you are organising an event with friends, colleagues or flatmates then try and give your fundraising activity a team building ethos. This way not only are they raising vital funds for us, but also creating bonds between themselves that will no doubt improve their friendships, work relationships and social network.

## **Get Talking to people**

The best way to get people interested in fundraising for Mind Aberystwyth is to talk to people about our charity and the services we provide to the community. Tell them why you are fundraising for us. Encourage your friends, colleagues and family members to get involved with what you are doing, whether it been attending your quiz night or cheering you on. Raising awareness helps in raising funds.

## **Press Coverage**

Contact the local newspaper and tell them what you are doing

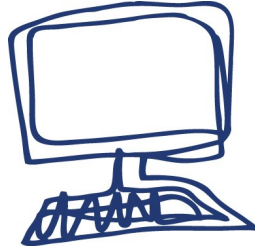
## **Season Calendar**

Take advantage of the time of year. Organise events based on Easter, Summer, Halloween and Christmas.

## How to get started

Once you have chosen your activity, contact us at Mind Aberystwyth and we can advise you on how to proceed.

To help you reach your fundraising target you can:



### Set up an online donations page

Mind Aberystwyth has a BT My Donate page and you can visit it at <https://mydonate.bt.com/charities/mindaberystwyth>. Once you have visited our profile click on Start Fundraising.

You can set yourself a target, tell people why you are fundraising and your page will have an address you can share with your supporters.

### Facebook

You can also spread the word about your fundraising activities to your friends on facebook. Use status updates to keep everyone informed about your progress. Always put a link to your online sponsor page. Create a 'group' or an 'event' and invite your friends Share your story: tell people why you are fundraising for Mind Aberystwyth.

### Twitter

It's so easy to spread the word about your fundraising in just 140 characters. Tweet regularly to keep followers interested but don't ask for money in every tweet. Use hashtags # to group your tweets by subject and make them easy to find. Link your Twitter account to your online sponsorship page. Follow us on Twitter – @aberystwythmind and we will retweet your posts.



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