



For better mental health



Fundraising Pack

About Us

Bristol Mind is a mental health resource for people in Bristol and surrounding areas which

- Promotes wellbeing and recovery
- Provides a wide range of advocacy services
- Delivers cutting edge training courses
- Offers a confidential helpline most evenings including the weekend
- Offers a low cost counselling service
- Encourages recovery through volunteering

We recognise that each individual is a resource for their own recovery. Many of our workers, volunteers and trustees have themselves experienced the impact of emotional and mental distress.

Bristol Mind is affiliated to National Mind and is committed to National Mind's values and quality management standards. See www.mind.org.uk

History

Bristol Mind was originally founded in 1965 and is now a registered charity and a limited company. We are a Local Mind Association (LMA) affiliated to National Mind though independent of it i.e. we receive no direct funding from National Mind and make our own decisions about the services we offer. We have 16 paid members of staff and over 50 volunteers.

As a registered charity we are managed by a group of trustees who volunteer their time to oversee and support the work of the organisation.

Bristol Mind is a local resource committed to positively supporting individuals on their personal journey of recovery. Our staff and volunteers provide a range of accessible, relevant and empowering services that contribute to emotional and mental wellbeing and promote social inclusion. We recognise the importance of challenging stigma and discrimination and working alongside others towards a socially just society that supports good mental health for all.

What we do.

We provide a range of services that support vulnerable people. These include

- Community Outreach Advocacy – Free, confidential advocacy support.
- Independent Mental Health Act Advocates (IMHAs) – for people who the Mental Health Act applies to, with specialist advocates for people from Black or Minority Ethnic groups and Older People.

- Independent Mental Capacity Advocate and Deprivation of Liberties service (IMCA and DoLS) for people legally deemed to lack capacity to make important decisions.
- MindLine – a Freephone, out of hours listening service
- MindLine TransLine+ - a confidential emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary...
- Meeting Minds – a low cost counselling service
- Information and signposting service
- Training Project – courses promoting awareness, wellbeing and recovery
- Hate Crime service – working with people who are victims of hate crime due to having mental health issues
- Woman Without Borders – a support group that welcomes women from different backgrounds living within Bristol, to celebrate equality and diversity and to create a place of trust where women feel safe and comfortable.

We aim

- To be a resource for all people in Bristol who identify themselves as having mental health or emotional support needs, and those who support them
- To promote emotional and mental wellbeing through delivering high quality services in partnership with others where we can
- To raise awareness of, and promote positive views about, mental health issues
- Work with local organisations to educate them on mental health issues

Bristol Mind raising awareness, reducing stigma and promoting mental and emotional health.

Why support us?

The chances are that right now you know someone who is dealing with a mental health problem. This could be a family member, friend, neighbour or colleague. Unlike other illnesses mental health issues are not easy to talk about. However, with your help and support we can change this.

Raising awareness

All of the fundraising activities are not only focused on collecting money but also on raising awareness of Mental Health issues.

What Clients say:-

“Thank you for your help, It was lovely just to talk to someone”

“The information you gave me has helped me get the help I needed”

“Thank you for listening – it means so much”

Thank you for wanting to fundraise for Bristol Mind. We really value your help and want to give you the best possible support to help in your fundraising activities. Below are some easy and well tested fundraising ideas for you to try.

Simple fundraising

Get baking: - a simple bake sale at home, school or work is an easy and fun way to raise money for us

Coffee morning: - a tried and tested fundraising activity

Dress down day: - organise a dress down day (or dressing up day) at work

Competitions: - host a competition at work or school. This could be in the form of a quiz or team building event e.g. five-a-side football, golf tournament.

Big fundraising

Take part in a sponsored event: running, cycling swimming.

For further ideas on challenges visit: - www.doitforcharity.com

What your money can do

£1.00	Buys a Mind booklet
£5.00	Send out an information pack for a carer ringing the information line
£10.00	Peer support call
£15.00	Supporting and signposting a crisis call on the Information line (an hour of time, calls to other agencies and an information pack sent out)
£20.00	A Mindline call with a caller in distress
£25.00	a Mindfulness training session
£30.00	Supporting a client through an ATOS assessment
£150.00	Training an Advocacy/Mindline volunteer

The A-Z of fundraising ideas

A	Easter egg hunt	Ladies night	Supermarket collections
Abseil	Egg and spoon race	Luncheon	Swear box
Auction	Exercise bike race	M	Sweepstake on sporting events
Arts and crafts fair	F	Marathon running	T
B	Face painting	Mini golf tournament	Talent show
Bake sale	Family fun day	Mountain climb	Tea party
Bath of beans	Fancy dress party	Music quiz night	Tennis Tournament
BBQ	Fill a jar with coins	N	Tombola
Bike ride	Five a side football	Name the teddy	Treasure hunt
Bingo	G	Non-uniform day	U
Bungee jump	Games night	O	Unwanted gift sale/raffle
C	Garden party	Odd job day	V
Car boot sale	Go-Karting	Obstacle Race	Valentine's Day event
Car wash	Golf day	P	W
Carol singing	H	Paint balling	Wing walking
Christmas bazaar	Halloween party	Pancake race	X
Coffee morning	I	Plant sale	X-box tournament
Comedy night	Ice skating night	Q	Y
D	Italian themed night	Quiz night	Youth club events
Darts tournament	J	R	Z
Disco	Jazz night	Raffle	Zumba-thon
Dance Marathon	K	Running events	
Dress down day	Karaoke night	S	
Donations instead of presents	L	Salsa night	
Dog walking		School disco	
E		Skydive	
		Sponsored silence	

Fundraising Top Tips

Make it fun!

It is important that you enjoy fundraising for us. Make sure that the fundraising activity you are organising has an element of fun in it.

Teambuilding

If you are organising an event with work colleagues try and give your fundraising activity a team building ethos. This way, not only are you raising vital funds for us, but also creating bonds between work colleagues.

Get talking

The best way to get people interested in fundraising for Bristol Mind is to talk to people about our charity and the services we provide. Raising awareness helps in raising funds.

Tell your employer

Involve your work colleagues in the fundraising. Some employers have match giving incentives.

Calendar Events

Base your events to coincide with the time of the year, Easter, Christmas, summer, Halloween, Valentine's Day, World Mental Health Day.

Press coverage

Contact the local newspaper and let them know what you are doing. The Bristol Post email epnews@bepp.co.uk

How we can help you

We want to give you the best possible support to help you reach your fundraising targets. We can supply:-

- Bristol Mind T-Shirt
- Sponsorship form
- Leaflets and information on Mental Health
- Collection Box

No matter how small the event, we aim to support everyone who raises money in support of us.

Fundraising Guidelines

There is always a set of rules and regulations in regards to fundraising for any charity to ensure you stay within the law. The information on this page may or may not affect you, depending on the type of event/activity you are arranging.

Licences

There are a number of fundraising activities for which you need a licence. You should check carefully on the relevant websites when you are planning an event to make sure you have covered the licensing requirements. For example, licences or permissions will be required for;

- Lotteries and raffles
- Collecting funds on the street
- Selling alcohol
- Public entertainment.

Insurance

Bristol Mind's insurance does not cover events organised by our supporters. You must make sure that you have an appropriate level of insurance in place for the activity or event you are carrying out. Check whether the venue or organiser had their own insurance which will cover what you are planning, you may be able to pay a small supplement for your event to be included on their policy. As a minimum, you need to ensure that you have public liability insurance for any event in which members of the public will participate.

Health and Safety

You must ensure that you carry out appropriate risk assessments for your fundraising activity. A risk assessment is intended to help you identify the risk involved in your event or activity, assess the likelihood of the risk arising, find ways in which you might eliminate or reduce the risk.

There is a useful summary of how you might approach a risk assessment on the Health and Safety Executive website www.hse.gov.uk

Other useful websites

Fundraising	www.institute-of-fundraising.org.uk
Raffle and Lottery Regulations	www.gamblingcommission.gov.uk
Catering fundraising	http://www.food.gov.uk/

Raising money and awareness on line

Give on the web



Bristol Mind has its own JustGiving webpage. You can make a single or monthly donation or you can raise money for us by creating an online fundraising page that will allow your friends to donate online. <https://www.justgiving.com/bristolmind/>



Bristol Mind also has its own MyDonate webpage. MyDonate not only allows you to create an online fundraising page that will allow your friends and family to donate but you can also make a single or monthly donation. <https://mydonate.bt.com/charities/bristolmind>

Twitter



It's easy to spread the word about 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 them easy to find
- Use TwitPic to post your photos
- Retweet others and ask them to retweet your messages
- Link your Twitter account to our online sponsorship page
- Follow us on Twitter - <https://twitter.com/BristolMind>
- Please tag us in your posts and we will retweet them

Facebook



You can also spread the word about your fundraising activities using 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 "event" and invite your friends
- Share your story: tell people why you are fundraising for Bristol Mind
- Follow us on Facebook - <https://www.facebook.com/BrisMind/>

Instagram



You can spread the word to your follows on Instagram.

- Post pictures before, during and after your event
- Post links to your fundraising page
- Follow us on Instagram - <https://www.instagram.com/bristolmind/?hl=en>
- Tag us in your posts and we will regram your pictures

How to send your money

We really appreciate your decision to raise money in support of Bristol Mind and we want to make it simple for you to get the funds to us.

By post: Send your money by cheque in the post. Cheques should be made payable to Bristol Mind and send to the address below (please do not send cash in the post).

Office Coordinator,
Bristol Mind,
35 Old Market Street,
Old Market,
Bristol,
BS2 0EZ

Remember to send in any sponsorship forms with your cheque and please send a quick note with your name address and fundraising activity on it - this way we know where the money came from.

Online: You can donate by using Bristol Mind's JustGiving webpage

In person: Give us a call and arrange to pop in and see you. We would love to meet you and find out what you have been doing to raise funds for us.

Directly into our bank account: The Co-operative Bank,

Account name: Bristol Mind

Sort code: 08-92-99

Account number: 65050011

Gift Aid

Gift Aid is simple and costs you nothing. If you are a UK tax payer we can claim an extra 25p for every £1 you donate. Each person sponsoring can do this too by entering their full name and address on the sponsorship form and ticking the “gift aid” box. This can be done on line too.

Thank you for fundraising for Bristol Mind