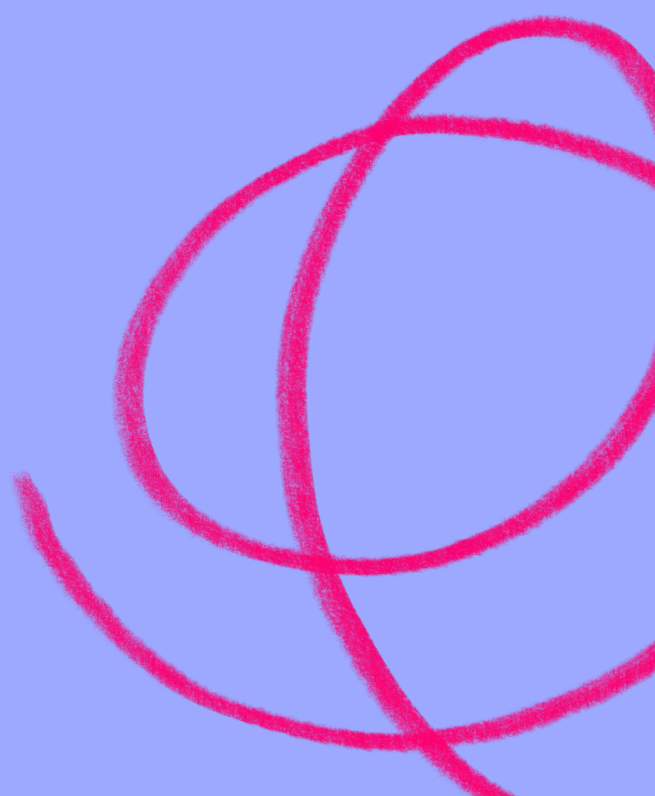


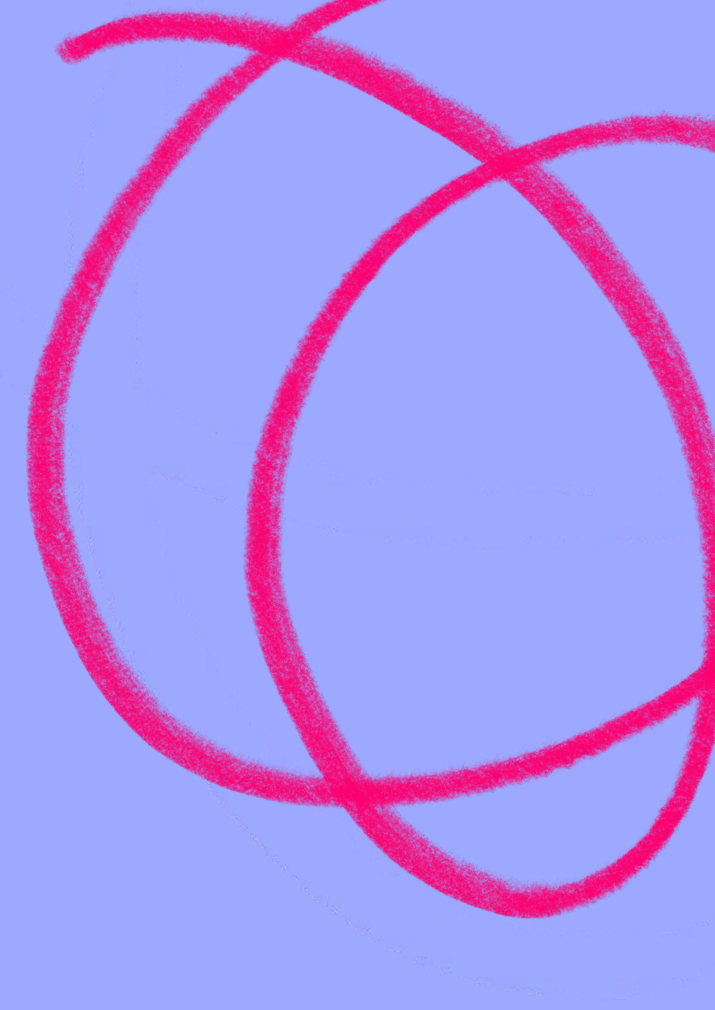
 mind Lancashire



**Fundraising
for Lancashire Mind**



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“Lancashire Mind changed my daughter's life and I am so very grateful for what they did for our family.”

Who are we?

Your local mental health charity

Lancashire Mind is a local, independent mental health charity.

We want to work with Lancashire, for Lancashire - we believe in a future where everyone in Lancashire has the opportunity to have the best mental health and wellbeing possible. To achieve this we:

- **Connect Minds through ongoing engagement to understand people's experience of mental health in Lancashire.**
- **Change Minds by challenging stigma and increasing knowledge around mental health.**
- **Support Minds by offering services which meet the needs of local people and communities.**

We believe that everyone can achieve mental wellbeing and that resilience is the key to sustaining it. With 50% of mental health conditions developing before the age of 14, building resilience from an early age is central to the work we do.

Our work empowers people in Lancashire to value and take care of their mental health.

We work in partnership with others to provide support, raise awareness and campaign to make mental wellbeing a priority.

Our five strategic aims are:

Listen, learn and influence

Work with others to make positive changes

Make it easy to talk about mental health

Get people the help they need

Keep getting better

These are underpinned by our four values:

Real, Bold, Caring and Open.

Everyone who works for Lancashire Mind is fuelled by a passionate belief that enabling people to achieve mental wellbeing will reduce the number of people who go on to develop a mental health condition and, for those who do, to have a better chance of remaining well.



Why choose Lancashire Mind



Make a difference in Lancashire today



Mental health has never been at the forefront of people's minds more so than it is right now.

Recently, many people have experienced a mental health condition for the first time or have supported a loved one with poor mental health. Your family, friends, colleagues and neighbours will all have a connection to mental health.

We can't achieve better mental health for all alone. We know that individuals and community groups can help us to innovate, expand and enable everyone in Lancashire to value and take care of their mental health.

By working together, we can change the way in which mental health is viewed.

We all have mental health.

75% of people with poor mental health receive little or no treatment.

How we make a difference

We are improving lives in Lancashire

We listen to local people and work with them to develop projects and services.

We deliver coaching and resilience programmes to schools across Lancashire to help shape a generation who understand and look after their mental health.

We collaborate with local businesses to build a culture that supports mental health and promotes responsibility for workplace wellbeing.

We engage with local communities to empower people to make change that will improve their own and their peers' wellbeing.

We support people experiencing a mental health condition, providing one-to-one coaching and supporting people to live independently.



Support we offer:

- Bounce Forward: we teach children how to be resilient through tough times.
- Wellbeing Challenge: we enable groups to create wellbeing initiatives with lasting impacts for their school or community.
- Wellbeing Coaching: one-to-one support, helping children and adults to develop selfcare skills and coping strategies.
- Tenancy Management: we provide stable housing for adults with long term mental health conditions, giving them skills and confidence to move to independent living.
- Workplace Wellbeing: we support companies to improve health, wellbeing and performance through tailored training and quality support packages.
- Training: we increase awareness of mental health and wellbeing and equip people with the skills and confidence to support others.

“If it wasn't for Lancashire Mind I wouldn't be here today.”

How you can get involved



We are here to support your fundraising journey

Our fundraisers are vital to the delivery of our work across Lancashire, but we don't expect you to do it alone!

We have a dedicated fundraising team to support your fundraising activities from start to finish.

We are always trying to improve the ways in which we can support your fundraising because we understand that no two fundraisers are the same. For more information get in touch with our Fundraising Lead, Emma Bateson:
emmabateson@lancashiremind.org.uk



Every donation makes a difference

£20

Could give 30 minutes of coaching to someone experiencing poor mental health, helping them to overcome barriers

£100

Could provide someone moving into one of our properties, who has nothing, with essentials such as towels and kitchen utensils.

£500

Could deliver five workshops in the community to teach children daily activities for looking after their mental health.

£2,500

Could support a class of young people with a 10-week mental health and resilience programme - giving them the tools they need to manage their mental health today and in the future.

How you can get involved

Choose the fundraising activity that's right for you



Fundraising your way

Bring your fundraising idea to life

Our fundraisers come to us with some amazing challenge ideas. Here are just a few of the ways our supporters have raised funds recently:

- Wild Swimming
- Gig Nights
- Football Tournaments
- Craft events
- Fancy Dress Days

We are here to support you through your fundraising - get in touch to find out more about how we can help.

Our Events

Cross Bay Walk

Walk the Morecambe Bay Sands and raise funds for Lancashire Mind. An annual opportunity to experience the beautiful Morecambe Bay Sands through a guided walk provided by the The Guide over Sands Trust. The Trust is a charity which provides two guides to offer safe passage across both Kent and Leven Estuaries.

Mental Elf

Join us for our Flagship Fundraiser! Mental Elf is our annual 2k, 5k and 10k fun run which raises awareness and funds for better mental health across Lancashire. It is also packed with wellbeing boosts and the most supportive and encouraging marshals in Lancashire. The event is open to all and there are lots of opportunities to get involved. As well as taking part and fundraising, individuals can choose to volunteer on the day.



I did my first fundraising event in 2016 and never looked back. The feeling I got helping others while pushing my limits and exploring the UK through outdoor challenges is amazing.



How you can get involved

Choose the fundraising activity that's right for you

Mental Health Awareness Week

Mental Health Awareness Week is an annual event where the whole of the UK comes together to focus on achieving good mental health. The week aims to tackle stigma and enable people to understand and prioritise mental health.

Can you support Lancashire Mind and help achieve this so that we can all experience better mental health and wellbeing in Lancashire.

Mental Health Awareness Week 2023: Let's do it together.

For Mental Health Awareness Week 2023 you can skydive for Lancashire Mind for just £40, take part in The Great Manchester Run or undertake your own fundraising activity or challenge.

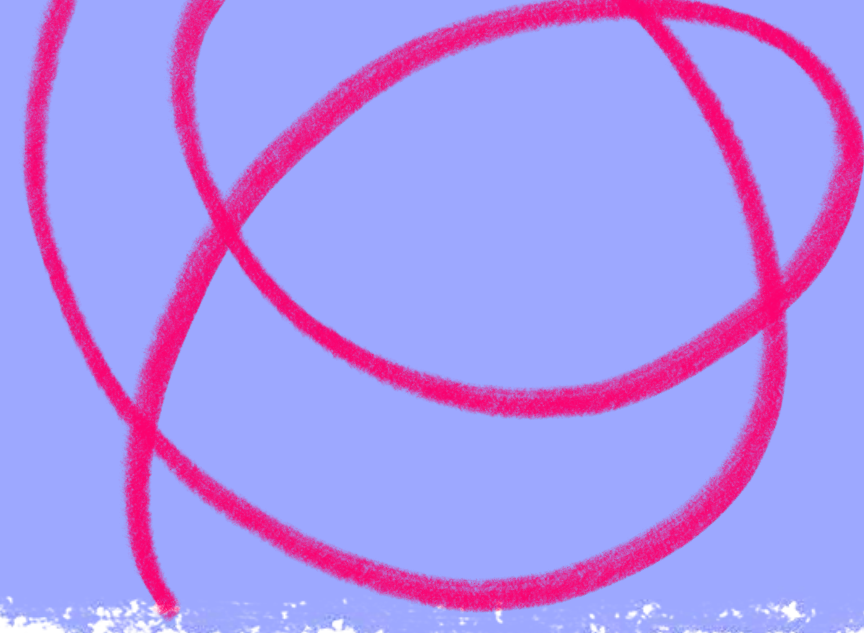
Organised Events

Fundraise for Lancashire Mind and we will cover the cost of entry into a range of events and activities. Lancashire Mind regularly obtains charity places for sought after events in the North West, giving supporters a free place at famous run events such as Tough Mudder.

We will register your place and send you all the details. All you need to do is fundraise for us (with minimum amount agreed before sign-up, depending on the event) and enjoy the event!



Why we need you



We can't achieve better mental health for all alone

Commissioned work with the NHS and local authorities allows Lancashire Mind to deliver some core services and fund our central costs.

Additional donations from individuals and businesses allow us to invest in areas of work where we can see an immediate need, and where there is no other funding.

Last year, fundraisers enabled Lancashire Mind to invest in four new projects, that otherwise would not have happened:

- Expanding our wellbeing coaching for children and young people to meet increased demand and make sure children get the support they need, when they need it.
- Growing our wellbeing coaching for adults so more people can access support to overcome challenges and improve their mental health.
- Removing barriers that might stop people accessing support, such as having self help resources translated into other languages.



“ Just one in every ten pounds of the NHS budget is spent on mental health care. ”

Mental health and Wellbeing

Looking after your mental health

An important part of Lancashire Mind's work is supporting people to understand more about mental health and to learn how to look after their own mental health.

Mental health, like physical health, is something that we all have. Our mental health can shift from good to not so good to poor. In the same way that poor health can lead to a physical illness, poor mental health can lead to a mental illness.

At Lancashire Mind we refer to mental illness as a mental health condition.

Having good mental health doesn't just mean not having a mental health condition, it's our ability to:

- care about and for ourselves
- look after our physical health
- keep learning
- express and manage our emotions
- build and maintain good relationships
- deal with the challenges we face
- contribute to society

We can all experience poor mental health and many of us will have periods where our mental health is somewhere between good and poor.

Good mental health doesn't mean never experiencing a negative emotion or feeling low. It is about our ability to cope with the

range of emotions we experience and the challenges we face during our lives.

We all know the importance of eating a balanced diet and getting regular exercise to keep physically healthy. However, there is far less understanding about how to stay mentally healthy. Eating well and keeping active are really important for our mental health too and there's lots of other things we can do to improve and maintain our mental wellbeing.

There are also daily actions we can all take to look after our mental health and wellbeing. The Five Ways to Wellbeing were researched and developed by the New Economics Foundation. Find out more about the five ways, local and national support organisations and more within the Our Services section of our website under 'Self Help Information'.

Scan here to
find out more.





Darren Robinson Photography

Get in Touch with Emma Bateson
Fundraising & Communications Lead

E: emmabateson@lancashiremind.org.uk
T: 07590 228448

Connect with Us:



Lancashire Mind
80-82 Devonshire Road
Chorley, PR7 2DR

www.lancashiremind.org.uk

Sign up to our supporters newsletter
to be the first to hear about new
fundraising events and for regular
updates on the work we do.

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Published: March 2023