

Mental Elf
Wellbeing Challenge

Children's Community Groups & Junior Youth Zones
Rainbows, Beavers, Brownies, Cubs, Guides & Scouts



Sponsored by

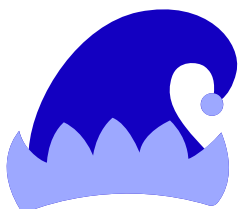
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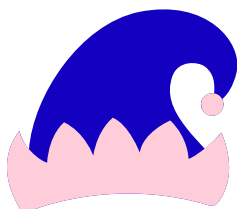
Is your group taking part?

Calling all mini elves! This year we are bringing Lancashire's best festive fundraising event to your club!

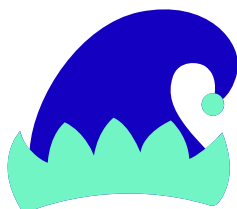
Leaders, do you want to...



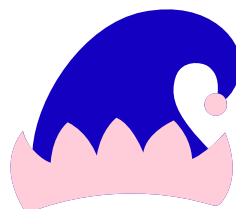
Boost wellbeing for your young people & leaders?



Bring together your local community?



Help children in need across our community?



Get your young people more active and have fun?



Mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits that physical exercise, time outdoors, mindfulness and community participation can have on mental wellbeing and happiness shows no limits.

The Mental Elf Wellbeing Challenge enables young people to experience the importance of developing resilience and positive mental health through engaging activities and working together to complete a challenge.

How your group can join in.

Join us for the Mental Elf Wellbeing Challenge and you could help change the lives of young people in need of mental health support right across Lancashire.

1

Visit our Mental Elf Wellbeing Challenge hub:

www.lancashiremind.org.uk/project/mental-elf-wellbeing-challenge

Set up your group fundraising page and download the fabulously festive Mental Elf resource and activity toolkit.

2

Choose your challenge

Decide with your young people which fundraising challenge you would like to do from our list of suggestions or create your own! Don't forget to fill in the details on your fundraising page and share with parents and leaders through our poster and social media templates.

3

Grab your best elf outfits

Whether it's an elf hat, cheery face painting, a head to toe costume or your best festive accessories.

You can complete your Mental Elf fundraiser any time in December! Pick a date and time that works for your group whether it's a dedicated time for the whole club to join together, a PE style activity or a health and wellbeing activity, the choice is yours!



The benefits for your club.

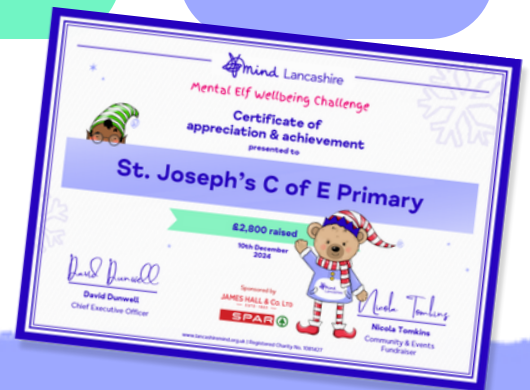
Wellbeing themed resources and activity toolkit, with leader and group instructions.

Introduction video with Sunny Bear and fun support messages from our staff, to play in your group.

Every £10 raised by your group will give you a ticket into our prize draw for an Assembly with Sunny Bear!

Thank you letter for all groups taking part, plus certificate and medal for those raising over £100.

“One in five classroom age children are now experiencing a mental health condition.”



Why is Mental Elf so important?



The funds you raise will help Lancashire Mind to provide life changing support to those living with mental health conditions across Lancashire, through free and accessible services.

In the last 18 months, Lancashire Mind provided 1:1 wellbeing coaching for over 160 young people aged between 10-18 living with a mental health condition. Our schools team delivered whole class resilience programmes to over 350 pupils helping them to understand their mental health and how to look after it now and in the future.





Fundraising challenge ideas for your club.

Use our fun festive suggestions or create your own!

Get active

- Elf-themed mini obstacle course in the sports hall
- Silent disco
- 2k fun run inside or outside
- Christmas music dance'athon
- Elf dash fun run
- Reindeer relay race
- Jingle bell jog
- 12 days of fitness challenge
- Santa's sack race
- Reindeer antler ring toss challenge
- Jingle bell jump rope
- Christmas talent show

Get creative

- Elf dress-up day
- Christmas movie marathon
- Elf-themed raffle
- Gift-wrapping service
- Christmas card making
- Mindfulness colouring challenge
- Christmas ornament crafting contest
- Recycled Christmas decorations contest
- Read-a-thon
- Elf themed bake sale
- Spare change challenge
- Technology-free weekend challenge



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Free Mental Elf Wellbeing digital toolkit for all clubs taking part.

Fundraising kit

Helping your clubs to promote your challenge

- Engaging fundraising ideas for your leaders and young people or help to create your own challenge idea
- Online fundraising page for your club or group
- Poster template to advertise your challenge
- Social media templates to promote you are part of the Mental Elf Wellbeing Challenge
- Digital badge to show you're taking part

Digital resources

Support through pre-recorded video

- Mental Elf introduction with our wellbeing mascot 'Sunny the Bear' to play to your children and young people
- Support for your school or group on our digital channels, just tag Lancashire Mind!
- Messages of support and encouragement from the Lancashire Mind team

Festive mental health activities

Promote positive mental health & resilience

Collection of 12 group activities including: Positive Affirmations Christmas Tree, Build Your Resilience Elf, Reflection Ornament, Mindful Breathing Star Exercise and more!

Get started today!

Sign up for the Mental Elf Wellbeing Challenge:

lancashiremind.org.uk/project/mental-elf-wellbeing-challenge

Email any questions to:

nicolatomkins@lancashiremind.org.uk



Scan QR code to get started

lancashiremind.org.uk



All resources have instructions and are available to download in a print friendly pdf.



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