

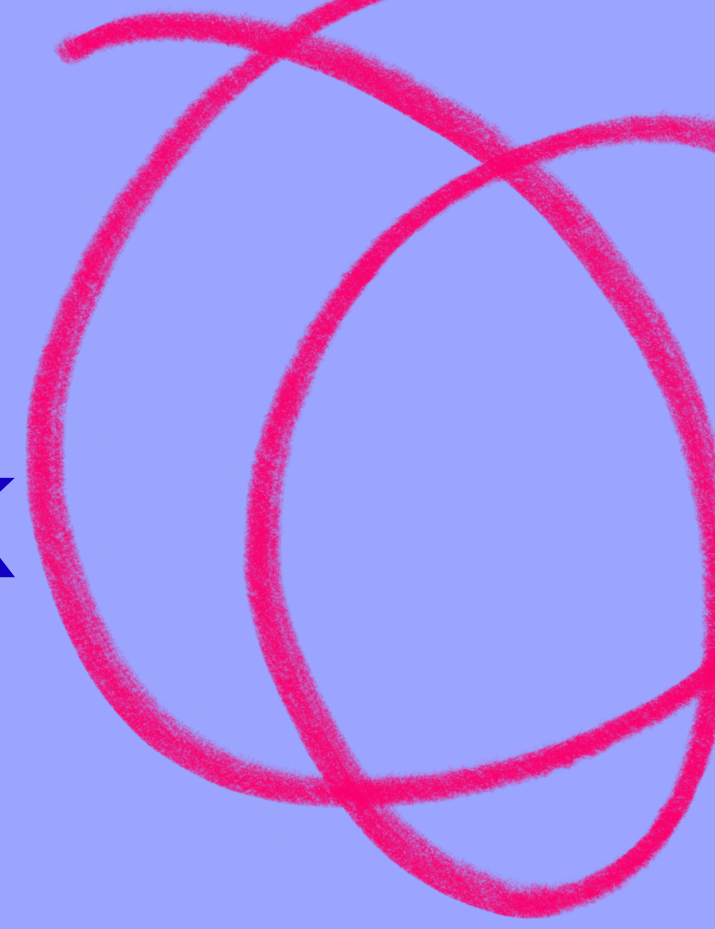
Celebrate our 25th Birthday with us through Fundraising



Fundraising for Lancashire Mind



Ideas for your fundraising to link to our 25th Year



Physical activity

- Swim relay 25 lengths
- Swim 25 lengths a day for 25 days
- 25 people to Sky Dive
- 25 Kilometre walk
- 25 mile walk
- 25 minute walk every day for 25 days
- 25 kick ups a day for 25 days

“ She has become so much stronger; you taught her to believe in herself and believe she has the ability to help herself. I cant thank you enough.”

Parent who's daughter received wellbeing coaching.



Viral video ideas film, share, share
donation link to Lancashire Mind and
tag your mates

- 25 squats, sit ups superman planks
share and tag
- Plank dances challenge cha cha slide,
sea shanty cupid shuffler
- Create own plank challenge relevant to
a song from the millennium
- Yoga ball partner challenge

Throughout our work
we want to show that
we value being:

Real
Bold
Caring
Open



Other Ideas

- Quiz with questions from the last 25 years
- Music Bingo or quiz which relates to the year 2000
- 25 people eating 25 cream crackers competition
- £25 donation just because you can.....



Make a difference in Lancashire today...

We all have mental health.

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

What your fundraising could do

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 one of our team. (details on the last page)



Every donation makes a difference

£38

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.

Get in Touch with one of our dedicated fundraising team for full support with your fundraising efforts.

Fundraising Lead

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Community Fundraising and Events

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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.

Registered with



Connect with Us:



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