



Wellbeing tips for Crafternoon hosts

Before the day

2

If you're worried about turn out, get support

Ask a friend to co-host with you, or enlist a couple of family members to come along ahead of time.

No-shows and cancellations are a really common concern for hosts, so this way you'll be sure to have a guaranteed guest or two for a cosy and relaxed afternoon of crafting.

3 Know that you don't need to be an expert

Crafternoon is for everyone, whether or not you've crafted before or done any previous fundraising for charity.

The Crafternoon Team are here to help you every step of the way, so if you have any concerns or you'd just like to chat about ideas, give us a call or [send an email](#) – we've been there!

1 Plan ahead

Good forward planning is a great way to minimise stress and avoid a last minute rush to the shops for extra paper and pens.

Use the checklist in your [Crafternoon guide](#) to break down planning into manageable chunks, and get the date in everyone's diaries as soon as you can.

4

4 Get social – but be mindful

The Crafternoon Facebook Group is a fantastic source of inspiration and tips from other Crafternoon hosts.

But remember to take care of yourself online – if you find you're comparing your Crafternoon to others', try taking a break from social media.

Every Crafternoon is different, and your choice to fundraise for better mental health is what makes yours special.

On the day

1 Take time out if you need to

You'll want to make sure everyone has what they need and is having a good time, but it's important to notice if you need a break. Find a quiet room, have a cuppa and a sit down, or take a walk around the block. Take a deep breath and remember that your needs are important, too.

2

If something goes wrong...

Try not to worry, and reach out for support. Nothing is perfect, and if something unexpected happens like a few last minute cancellations, talk over your feelings with a co-host or friend who can help you put things in perspective.

3

Delegate!

Don't hesitate to ask friends and family to pitch in with refreshments, or feel bad about asking a colleague to lend a hand with the raffle. Make sure you get chance to enjoy the day too.

Afterwards

1 Rest and recover

Hosting can be tiring, so make sure you take plenty of time to recuperate and congratulate yourself on a job well done.

2

Be kind to yourself – you deserve it

You've doing something amazing by holding a Crafternoon and raising vital funds for Mind.

No matter whether how many people come along on the day, whether you raised pennies or pounds, your fundraising will make a difference to someone in real need of mental health support – and so will the awareness of Mind and mental health you've raised by taking part.

You are our hero. Thank you!

3

If you couldn't make it this time, there will always be another opportunity

We know that Crafternoon hosts sometimes encounter setbacks, like mental or physical ill health, or a change in life circumstances, that prevent them from taking part in Crafternoon.

Your wellbeing matters most, so if you aren't able to host for any reason, please focus on taking care of yourself first and foremost – there will always be another chance to take part when the time is right for you.

You can find more information about managing stress at
mind.org.uk/stress

In aid of
 **mind**
for better mental health