

Winter fundraising ideas



Even on a cold winter day, there are plenty of ways to have fun and raise money for mental health. Here are a few of our favourites:

Winter party/ball

Throw a party and ask friends and family to make a donation to come along. You could hold an auction and have games to raise even more money. Put together lots of winter-themed decorations and snacks, and if you're feeling competitive, arrange a costume competition too and ask people to donate to take part.

Cosy crafting

Snuggle up indoors and get creative. The festive season is the perfect time to sell your creations or host a fun-filled workshop with friends. Here are some ideas to get you started:

- Stitch a simple design onto cards to sell or charge friends to join in. Design ideas: a heart for Valentine's Day, a tree for Christmas, or a menorah for Hannukah.
- Bake stained-glass window biscuits to sell to friends and colleagues. These look impressive but are easy to make. Design ideas: stars, hearts, snowflakes, any cookie-cutter shape you have at home!

New Year's resolution

Start off the New Year in the right way by setting yourself a personal goal to either give something up or accomplish something. Whether the goal is give up chocolate or to run 100 miles, set up a Just Giving page and ask friends and family to sponsor you.

You'll not only be starting off the New Year in a happy and healthy way, you'll also be making a difference for mental health. New year, new you!

February foodie

February is a great time to celebrate the national and International food days. Why not satisfy your taste buds and fundraise for Mind at the same time? Whether it's a pancake flipping competition or a pizza cook off for National Pizza Day on 9 February.

Get friends or family together and your best chef hat on to cook and raise money for Mind!

For more inspiration and advice visit:

mind.org.uk

Mind (the National Association for Mental Health)
Registered address: 2 Redman Place, London E20 1JQ
Registered Charity No. 219830

