

Football fundraising for Mind

1 in 4 people have a mental health problem, but most of us don't get the support we need. We need your help to change this. Join the fight for better mental health by planning your football fundraising activity today.



Fundraising ideas

Organise a 5-a-side tournament. Arrange a fun five-a-side tournament day and set targets for each team involved. Get competitive!

Host a football day with rotating players. Why not organise a whole day of football, game after game, with players on rotation? 8 hours of play, 40 players, and unlimited fun.

Do a sponsored walk. Get together with your teammates or friends and organise a sponsored walk from one stadium to another.

Ask local businesses for sponsorship. Get in contact with local businesses to sponsor your fundraising, and put their logo on your leaflets, shirts and social media.

Top tips

- [Register your fundraiser](#) to receive all the best support and resources.
- Inspire your networks to get involved telling them [what Mind does](#).
- Set each player involved a £100 fundraising target.
- Encourage voluntary donations to attend the football match.
- Invite friends and family to your game for support.
- Involve your company and colleagues with the fundraising and ask your company to top up your donations with match funding.
- Contact local newspapers and radio stations to promote your event.
- Request an authority letter from us and get sponsored by local businesses.
- Get in touch with us at community@mind.org.uk for more help and ideas.

Physical activity and mental health

Physical activity can have great benefits for our mental wellbeing. Organising a football fundraiser for Mind will not only help others with mental health problems, but can also help your own wellbeing too.

Playing football, or getting active, can help with:

- Managing stress
- Improving sleep
- Improving confidence
- Connecting with people
- Managing symptoms of depression and anxiety
- Memory and brain functioning

However, there are barriers to taking part in physical activity. You can [read here](#) about ways to try and overcome some of these barriers.



Get players talking

You can talk about how football helps your wellbeing – it's a great way to start conversations about mental health.

Chat to your peers about:

- **Social connection**
Football can help people connect with old and new friends. Holding a football fundraiser is a great way to come together, meet new people and have fun.
- **Body movement**
Moving your body helps release endorphins and improve your mood.
- **Nature**
Getting out in the fresh air is proven to help your wellbeing.
- **Space to speak**
A lot of us find it easier to talk when we're on the move. Check in on your fellow players during warm-up time.

mind.org.uk

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