



Welcome to #TeamMind!

Thank you for taking on Walk 100 miles in June for Mind.

The Walk 100 miles in June challenge is a fantastic way to get active and support mental health so if you're ready to push yourself, you're in the right place. Every step you take helps make a difference for people facing mental health challenges.

Right now, more than 2 million people are waiting for mental health support. The money you raise will help keep vital services running, including our online information and the Side by Side community, so we can be there for everyone who needs us, when they need us most.

This June, let's go the distance for mental health.

The perks

Inside your pack, you'll find your Mind T-shirt and mile tracker (overleaf) to help you stay motivated, track your distances, and celebrate your progress. Throughout the challenge, we'll be sending digital progress medals so you can share your achievements with friends and family.

Be one of the **first 300 people to raise £30** and you'll receive an exclusive **Mind-branded foldable water bottle**, perfect for staying hydrated on the go while you smash your miles.

Raise £150 or more to receive a special **100 miles in June medal**, a great keepsake to mark your achievement and the difference you've made.

We can't wait to get to know you better in the Facebook group and cheer you on every step of the way. You're such an important part of our community, people who go the extra mile and help create real change.

Remember - together, we're unstoppable.

Take care and good luck,

*Charlie, Anita & Lucia
at Team Mind*



Your challenge checklist

- **Join the Facebook group**
Expect fun, motivation, and plenty of support.
- **Spread the word**
Take a selfie in your new Mind T-shirt and share your journey with friends and family.
- **Kickstart your fundraising £££**
Make the first donation to your own page, just £5 could help cover the cost of your T-shirt and show everyone you're serious about the challenge.
- **Get moving!**
Use your tracker to watch your progress.
- **Click here**
to access your digital medals, Facebook cover photo, fundraising tips and much more.