Move for Mind

Thank you for joining Move for Mind 2027!

Move 31 minutes every day this January, any way you like. By getting active, you are boosting your own wellbeing while raising vital funds so Mind can fight for better mental health.



Move for Mind is all about what feels right for you. Whether that means walking, running, cycling, swimming, dancing, or trying something new – it all counts as long as you're moving.

To help you get off to a strong start, you'll find your Mind T-shirt and activity tracker included (overleaf).

Share your journey with friends and family, celebrate how far you've come and show them the amazing difference you're making for mental health this January!

Let's start 2027 right – move more, feel good, do good and raise money for mental health.

Take care,

Anita, Charlie and Noa at Mind

Your fundraising rewards:



First 400 to get a donation:
Pin badge



Raise £100:
Move for Mind medal



Raise £200:
Mind bobble hat

Scan the QR code to access our digital hub for milestone medals, fundraising tips, and much more!

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Registered with FUNDRAISING REGULATOR

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