

Move for Mind



Fundraising tips

Donate to your page

Did you know that being the first person to donate to your own fundraiser means you'll raise on average **134% more** than someone who doesn't.

Set yourself fundraising goals

Set weekly targets of how many times you'll share your page and how much you want to raise each week of the challenge.



Personalise your page

Make sure to update your fundraising page with a photo of yourself, and **let people know what taking part in Move for Mind means to you.**

Keep on sharing!

Every share is worth £10 on average. Don't be afraid to **share your page multiple times** – sometimes it takes people a few times seeing it before they donate.

Update your supporters

Keep your sponsors in the loop with your progress by sharing photos of your activity and progress tracker regularly. Remember to use **#MoveforMind** so we can keep up too!

Your fundraising doesn't stop when you do

20% of donations come in after your challenge is finished, so **keep it going!**

Create your fundraising page to receive your exclusive Move for Mind t-shirt



Raise **£150** for a Move for Mind medal and beanie!



Move for Mind checklist

- Join our [Move for Mind Facebook group](#).
- [Complete the registration form](#) and set up your fundraising page to get your free t-shirt!
- Personalise your fundraising page.
- Keep on top of your progress by updating your [progress tracker](#) daily. We'll post one out to you with your t-shirt.
- Share your fundraiser with friends and family.
- Fundraise £150 to receive your exclusive Move for Mind medal and beanie!
- Keep friends and family up to date with how you're getting on.

Mind resources

- **Download** your Move for Mind progress tracker.
- Visit our **resource centre** for exciting fundraising and activity materials.
- Visit our **exercise and wellbeing hub** to find ways you can get active.
- Read our Move for Mind **FAQs**.
- Join the Move For Mind **Facebook** page.



mind



mindcharity



mindcharity

Registered charity in England (no. 219830) and a registered company (no. 424348) in England and Wales.



Registered with
**FUNDRAISING
REGULATOR**

How your fundraising helps

£20

Could help us to produce 192 booklets about mental health.

£32

Could help keep our online peer support community, Side by side, open for another hour – helping people feel less lonely.

£70

Could help us campaign for better mental health services from the Government.

£120

Could pay the cost of one of our infoline or legal line advisors for a whole day.

Read more about Mind's work on our [website](#).

