



Every mile matters.

56 
miles in 
February

Welcome to #TeamMind!

Thank you for taking on 56 miles in February for Mind.

By stepping up to this challenge, you're standing with us in the fight for mental health. We couldn't be more grateful to have you by our side.

Right now, more than 2 million people are on waiting lists for mental health support. The money you raise will help keep our vital services running – like our Support Lines and online community, Side by Side – so we can be there for even more people who need us.

The perks

Inside your pack, you'll find your **Mind t-shirt and mile tracker** (overleaf). We'll email digital medals throughout the month, so you can celebrate your wins and share your progress with friends and family. Raise £100 and receive your **56 miles in February medal** – a special keepsake to celebrate your incredible achievement. Raise £200 and we'll send you your very own **Mind running belt**—perfect for keeping your essentials safe while out and about this February and beyond.

It's people like you who make our community so special – people going the extra mile (or 56) to make a difference for mental health.

Remember – together, we're unstoppable.

Take care and good luck!

*Anita and 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 show your family and friends what you're up to.
-  **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.
-  **Scan the QR code overleaf**
Get your digital medals, Facebook cover photo, fundraising tips and much more.

