



Make us the charity of the year for your community group

Put the fun into fundraising.

You can walk, run, cook, eat, dance, recycle, quiz, cycle, sing, jumble sale, or dress up/down, you can enjoy coming together as a group while raising funds for Suffolk Mind.

Engage with your local community through exciting events while spreading the word about your group.



Your local mental health charity

You will receive:

- ✓ Unique profile and giving page on the Suffolk Mind website, together with a bespoke donation QR code which can be used at any event
- ✓ Use of the **Our Charity of the Year – Suffolk Mind** supporter's logo on your media and website
- ✓ A complimentary 45 minute talk of **The Mental Health Toolkit: Introduction to Mental Health** to introduce us and our approach to your group
- ✓ Two complimentary half day sessions of **The Mental Health Toolkit: The Essentials**, an introduction to Suffolk Mind's approach to mental health
- ✓ A wellbeing literature pack for your venue
- ✓ Invites to our annual fundraisers 'thank you' event and a chance to network with other businesses and community fundraisers, along with our team
- ✓ A copy of our impact report so that you can see where your money is going and how it has benefiting Suffolk

And more!



All we ask is that you hold a minimum of **three fundraising events or challenges** for Suffolk Mind within a 12-month period.

To find out more about fundraising for Suffolk Mind contact fundraising@suffolkmind.org.uk or scan the QR code to download a fundraising pack.

What it means to us

By supporting Suffolk Mind through fundraising and building awareness, we can support more people through our services such as counselling, Greencare and our free mental health courses.