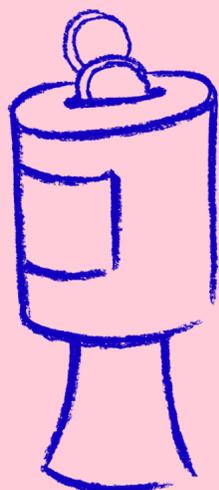


 **Mind** Brent, Wandsworth and Westminster

CONNECT WITH A CUPPA Starter Pack

For fundraising support please email
Fundraising@bwwmind.org.uk

Registered charity No. 292708



Welcome

Thank you for signing up to **Connect with a Cuppa** a Mind in Brent, Wandsworth and Westminster's fundraiser for World Mental Health Day! This pack is full of info and extras to help you get started...



Location, Location, Location

At home, in the park or down your local cafe, wherever you decide to host your Connect with a Cuppa fundraiser, secure your location for Sunday 10th October (World Mental Health Day). Once you know the location, you can start inviting your friends and family to your fundraising get together.

Ready, set, bake!

You can't go wrong with a selection of cake and biscuits with your cuppa, so start thinking about what you will make. See if friends can contribute by donating a cake or two.

Collecting your donations

By setting up a Just Giving page you can collect contact free donations that get sent straight to Mind in Brent, Wandsworth and Westminster. We can also send you a QR code for your online page to display at your event. Set up your page via the link www.justgiving.com/campaign/connect-cuppa2021

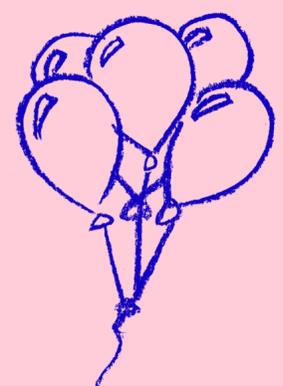
Alternatively, email fundraising@bwwmind.org.uk to request a collection tin.



Extra, Extra!

To boost your fundraising total try running a raffle, hosting a quiz, a bake off competition or a 'guess the weight of the cake' sweepstake. Ask local businesses to see if they can donate a prize for the winner!

Finally, if you would like more information about how to set up, promote and run your connect with a cuppa fundraiser email the team on fundraising@bwwmind.org.uk



Things to remember at your Connect with a Cuppa fundraiser

Have fun!

You have worked hard to get your fundraiser together, now it is time to have fun and connect with your family and friends.

Remember the difference you are making!

The money you raise for Mind in Brent, Wandsworth and Westminster will help those experiencing mental health difficulties in our communities. Thank you for making a difference today.

Talk about your mental health!

Getting together is not all about raising money, we want to help de-stigmatise talking about mental health too. Check out our coasters to help you talk about mental health with your guests.

Tag us in your posts!

Remember to tag @mindbww on Instagram and @bwwmind on Facebook. If your posts are public, we can share them too.

How to send the money raised...

Money collected via a Just Giving page will be sent directly to Mind in Brent, Wandsworth and Westminster.

Post: Please make cheques payable to 'Brent, Wandsworth and Westminster Mind' and send to Brent, Wandsworth and Westminster Mind, The Basement, 6 Osbert Street, London, SW1P 2QU

Bank transfer: Transfer to Brent, Wandsworth and Westminster Mind. Sort Code: 16 00 48, Account number: 14285850. Please ensure you include your name/organisation name on the transfer.

When sending in the money you have raised for Mind in Brent, Wandsworth and Westminster, please email us let us know it is on the way and we will be able to confirm its arrival.

Connect with a Cuppa Coasters

Getting together over a cup of tea or coffee helps us connect and talk about our mental health. By taking part in **Connect with a Cuppa** we would also like to encourage you and your guests to start a conversation about mental health. Here are some coasters you can use at your **Connect with a Cuppa** gathering with our top tips for starting and continuing a conversation about mental health.

Print onto card, cut out and place on tables at your Connect with a Cuppa event. If you have a laminator (even better!), laminating will make them waterproof.



Ask open questions

This gives someone the opportunity to talk more and continue the conversation.

“How have you been?”

“What's been going well for you?”

“I've noticed How are you feeling?”

“How would you like things to be different?”

“How did that make you feel?”

Listen

Give your presence and friendly attention, rather than trying to give advice or try to ‘fix’ someone...

How to be to be a good listener...

Put your phone away and give the person you full attention.

Silences are fine. Try to avoid jumping in a interrupting.

This takes practice so keep trying!

Make this part of your day-to-day

Let's get the conversation going. The more you talk about mental health, the more it gets de-stigmatised. We all have mental health and talking about when we are feeling up and down will help make these conversations easier down the line.

Further help

If you are struggling or you are worried about someone, here are some organisations who can help.

Samaritans: Call 116 123 Text 07725 90 90 90
Open 24/7.

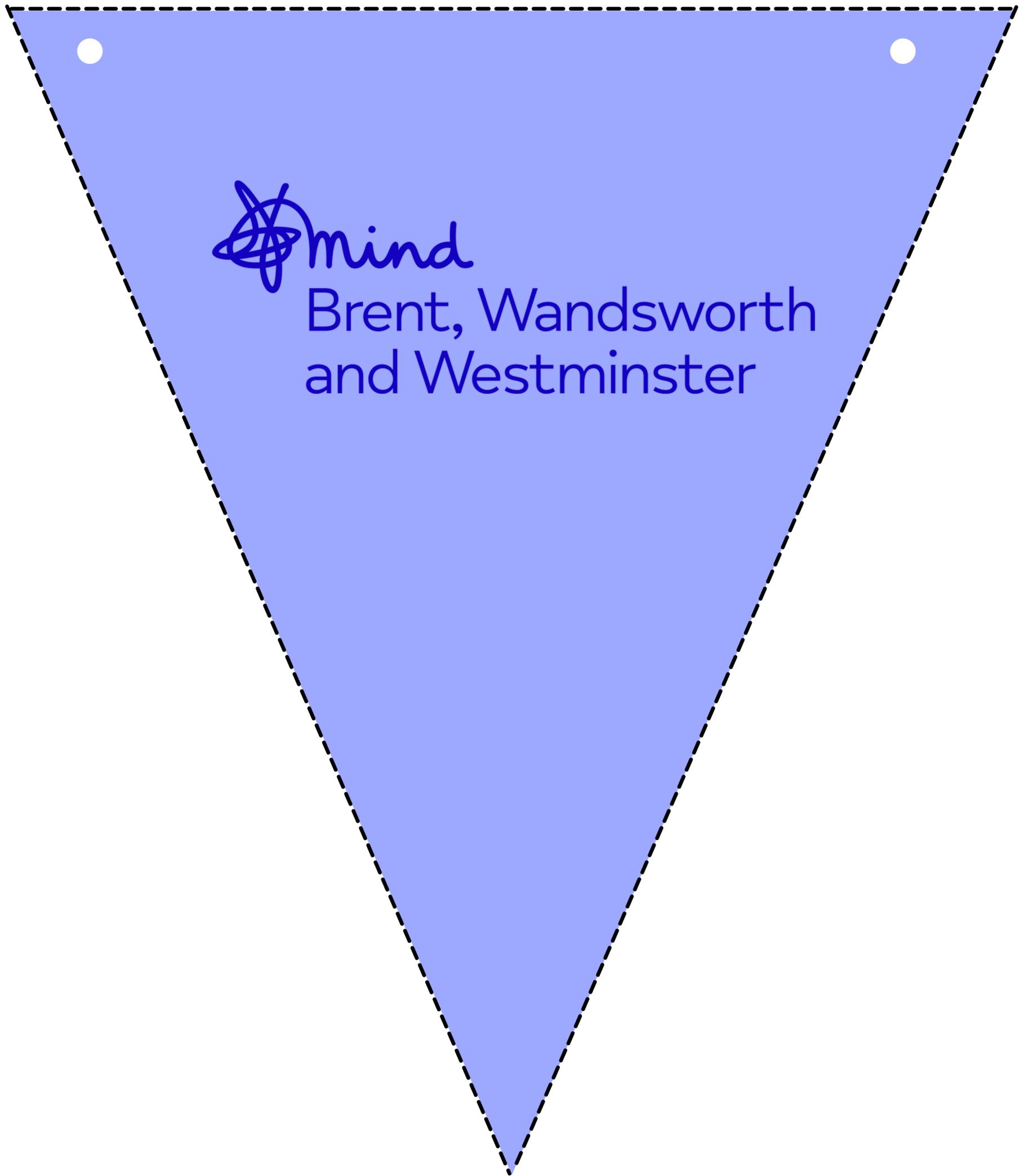
Shout: Text 85258 Open 24/7.

The Listening Place: Call 020 3906 7676

Open 9am-9pm 365 days a year.

CALM: Call 0800 58 58 58 Open 5pm-midnight 365 days a year.

Bunting



Mind

Brent, Wandsworth
and Westminster

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