



Wellness Brunch Fundraising Pack





Thank you!

Firstly, we'd like to say a big thank you for wanting to get involved with our Conwy Mind Wellness Brunch. October 10th is an annual awareness day that means a lot to us here at Conwy Mind - it is World Mental Health Day. A day dedicated to global awareness and understanding of mental health issues.

Last year, our World Mental Health Day Wellness Brunches were a huge hit! We were thrilled to see so many local businesses, schools, and community groups join us in hosting brunches and raising vital funds.

This year's theme, "time to prioritise mental health in the workplace," is a perfect match for our fundraiser. We witnessed first-hand the positive impact of workplaces getting involved last year. Not only did they raise significant funds, but they also created spaces for open conversations about mental health.

Want to get involved? Hosting a Wellness Brunch is easy! Choose a date around World Mental Health Day, gather colleagues, family, or friends, and let's talk about mental health together. Your support helps Conwy Mind provide free support to those struggling with their mental health.

In this pack you will find everything you need to organise your Wellness Brunch but if there is anything else you need please email our Fundraising Officer - nicola.jones@conwymind.org.uk who will be happy to assist you!





How your money helps Conwy Mind!



£10 could enable a volunteer to support someone on our keeping connected scheme for a day.



£20 could provide an hour 1-1 support for a young person.



£40 could provide a 1-1 counselling session for someone.



£125 could provide a 5 week 1-1 Supported Self Help Programme



£1500 could support Conwy Mind to offer the full range of support services for 1 day





How to hold a Wellness Brunch for Conwy Mind!

Host your own brunch with pastries, cakes, coffee & tea! Arrange a small event with close friends or colleagues or a large event with the community! No matter what you choose to do or how much you raise, every penny will make a difference to those struggling with their mental health. Follow these simple steps to get involved...



Choose your venue! It could be at work, at home or a local community centre.



Pick your date, World Mental Health Day is Thursday 10th October but we understand this date might not work for everyone. So, just do it as close to the date as you can!



Spread the word! Use our editable posters to invite people and make sure to give plenty of notice!



Get online! Make sure you're telling everyone about your event on social media, and be sure to tag Conwy Mind so we can also get sharing.



Get others involved to bake or buy brunch items or refreshments. Or why not get in touch with your local supermarket or bakery to see if they can donate.



Think of extra activities to boost your fundraising! How about a quiz or a raffle?



Think 'Wellness,' why not use our Wellness Bingo or see if you can incorporate a walk out in nature or some yoga!



Finally - enjoy the day! Ask for donations for your delicious brunch items and enjoy getting together and sharing community kindness.





Resources!

We've made some Wellness Brunch resources to help promote and decorate your event.

These include:

- A Wellness Brunch poster to promote your event
- Wellness Bingo
- Wellness Brunch bunting template
- Social media assets

To receive the resources just contact our Fundraising Officer Nikki on:

nicola.jones@conwymind.org.uk / 01492 879907

Then, if you require anything like donation tins, buckets or leaflets about Conwy Mind, Nikki will be happy to get these over to you.






After the event!

Firstly, well done on successfully organising your Wellness Brunch for Conwy Mind! Your amazing efforts mean fewer people will have to face a mental health problem alone. Here are some post event tips:

- Thank everyone who donated, contributed or took part in anyway shape or form! I am sure they would love to know the total raised.
- Make sure you shout about your total raised on social media and be sure to tag us:

 www.facebook.com/conwymind

 [@conwymind](https://www.instagram.com/conwymind)

 [@conwymind](https://twitter.com/conwymind)

Finally, here is how you can get the money safely to us:

[Payment by cheque or card](#)

If you want to send cheques please write your name, event and contact details on the back so we can thank you. Then send to: Conwy Mind, Unit 5325, First Floor, North Wales Business Park, Abergele, LL22 8LJ.

If you want to make a credit or debit card payment over the phone, drop us a line on 01492 879907

[Through our website](#)

[Go to Make a donation - Conwy Mind](#)

Please make sure you send all money to us within two months of your event.

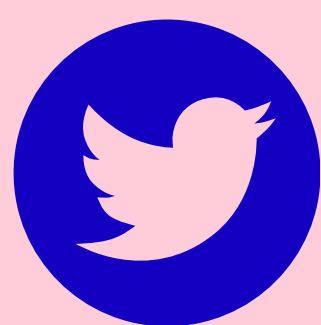




Thank you!

Finally, we'd like to say another huge thank you from all the team here at Conwy Mind for getting involved with World Mental Health Day. Money raised at your Wellness Brunch can help us ensure nobody faces a mental health issue alone. Thanks to supporters like you we can support more people, answer more phone calls, and speak louder for everyone affected by mental health in Conwy.

Keep in touch!



@Conwymind

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**Conwy Mind is a registered Charity in England & Wales.
Charity Number: 1073596**

