



Your guide to the Mind Walk



We're here to fight for mental health, for support, for respect. Join us for the Mind Walk on 3 July and fly the flag for mental health. Wherever we are in the country, we'll be walking united in the fight for mental health – unstoppable together.

How to take part



Sign up

Create your JustGiving fundraising page (you've already done this!)



Plan your route

See our tips below on how to do this.



Tell your friends and family

ask them to join you or to donate.

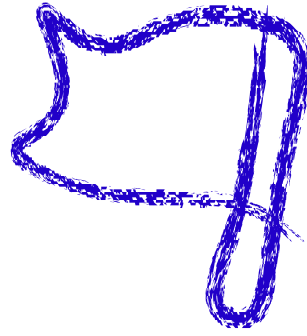


Start a conversation why mental health matters and get your first donation



3 July – Join us for the Mind Walk

post photos of your walk on social media and check in with people that you've had conversations with about your walk.



the
**Mind
Walk**

Plan your route

The Mind Walk is not a physical fitness challenge, it's about taking the fight for mental health out in the open. Fly the flag for mental health your own way - walk on your own or with family, take in the sunrise or sunset or meet up with friends halfway for a midday picnic.

Choose a walking distance that feels achievable and suits your walking ability. We suggest you plan for no more than 10km. You might find inspiration for your walking route on one of these sites:

Walk4Life have a fantastic library of walks as well as ways to create your own route from your postcode.

National Trails have a library of walking routes and trails, ranging from gentle to moderate difficulty levels.

Forest Trails offer walking routes that are perfect for all ages, with engaging routes for families with young children.

Talking the talk and walking the walk

Every donation you ask for could be a conversation about mental health. Finding the words can be hard, but we've got ideas to get you started.

Visit www.nottinghamshiremind.org.uk/the-mind-walk for information and www.nottinghamshiremind.org.uk/fundraising-resources for resources.

As well as starting conversations and taking the fight for mental health out in the open, the Mind Walk is about raising money to help make sure everyone experiencing a mental health problem can get support and respect. Here are our top tips to help your fundraising.

Share your 'why'.

Whether you're walking for hope, in memory of someone or to raise awareness. Whatever the Mind Walk means to you, let the world know and help take the fight for mental health out in the open.

Ready to share your why? Download the Nottinghamshire Mind digital Mind Walk flag

Set a fundraising target

We suggest setting a goal to raise £100, which could help:

Man our
phone line
for

1 day

Provide
support and
guidance
from a
Recovery
Coach for

6 sessions

If you raise £100 we will send you a multiuse bandana in the post after the event to celebrate your achievement.

Use our templates to ask for donations.

Finding the words to ask for support can be tricky. We've put together some templates to ask for a donation across every type of communication - text, email, social media - we've got you sorted!

Getting involved with the Mind Walk community

Join the Mind Walk Facebook group. In the group, you can share your reasons for taking part, meet other Mind Walkers and ask any questions you might have.

Use the hashtag **#TheMindWalk** to connect with others who are doing their own Mind Walk. Share your photos and stories on social media and make sure you tag Nottinghamshire Mind in your posts so we can see how your walk is going, too.

[facebook.com/groups/themindwalk](https://www.facebook.com/groups/themindwalk)

Paying in donations

All the fundraising that you collect on your JustGiving page is sent to us automatically. This means that you don't need to do anything else and we can start using your donations straight away in the fight for mental health.

We recommend that you do all your fundraising through your JustGiving page. If you receive cheques or cash donations, please get in touch with us on the email below about how to pay these in.

Thank you so much for raising money for Nottinghamshire Mind through this event. Every donation helps keep us here – on the other end of the phone, in your local community and fighting nationally for better services and support.



@nottsmind



@nottinghamshiremind



@Notts_Mind

Got questions? Get in touch:

Contact Jo

partnershipsandpromotions@nottinghamshiremind.org.uk

07305 079 538

registered charity in England (no. 1180346)

 **mind**
Nottinghamshire