



Corporate support for Conwy Mind



Thank you!

By supporting Conwy Mind, you're helping more people with mental health problems get the support they need and the respect.

Getting involved and supporting Conwy Mind as a company is a great way to motivate and unite your employees. It gets the team together whilst raising vital funds for people who are struggling with their mental health within your community.

Firstly, we want to thank you for thinking of us here at Conwy Mind. We really appreciate it! To make supporting Conwy Mind as easy as possible we have created this pack.

This pack will be a handy starting point - it's full of advice like ways in which you can help us to planning the perfect fundraiser! But if you need anything at all, please let us know. We'll do everything we can to let you know how happy we are to have you on our side.

Thank you for caring about mental health.



How you can help us!

Not sure how you can help? Here are a few ideas to help get you started...



Charity of The Year

We know that there are some incredible companies out there that have a strong corporate social responsibility and love to support local charities. So, if you're looking for a charity to support then look no further! We will be there to assist you throughout the year with whatever you may need.

Fundraising

If you and the team are planning a one-off fundraiser for Conwy Mind then please get in touch with our Fundraising Officer who will ensure you have everything you need. From bake sales to quiz nights there are plenty of fun ideas to get the team involved and raising vital funds!



Training

Did you know we provide external training for organisations? You can read all about the training courses we provide here: (conwymind.org.uk/external-training) The cost you pay for these courses go straight back to Conwy Mind and helps people in your community with their mental health. So, whilst you and your colleagues are gaining knowledge, you're also making a difference!



Gifts/services in kind

If you feel Conwy Mind could benefit from a service that your business provides, then this could also make a big difference to us. Making cost savings for the charity is vital, especially in the current climate! Whether its help with marketing materials, providing equipment or labour work around the office, we'd love to hear from you to see how you could help!



Sponsor an event

We are soon going to be introducing a number of fundraising events to our calendar, so we're on the lookout for lead sponsors who can support these events! Your efforts wouldn't go unnoticed, your logo would go the event t-shirts, on all marketing materials and mentioned in any literature relating to the event.



Corporate team building days

Looking for something fun for you and the team to do in beautiful North Wales? We can provide team building days where our trainers will guide you through group challenges and physical games. This is a fun and engaging way to bring people together. All the while learning wellbeing skills you can apply at work and in daily life. The cost your company pays for a team building day will go straight back to Conwy Mind and help people in your community. A fun day out with colleagues whilst making a difference to Conwy Mind, what's not to love!





Donate a percentage of sales

Depending what service you provide, donating a percentage of your sales is a great way to raise funds for Conwy Mind. For example, if you sell tickets to the public for an event 10% of you ticket sales on a particular day could go to Conwy Mind! OR if you own a restaurant you could have a special desert where £1 from every desert sold goes to Conwy Mind. Whatever your business does, I am sure our fundraiser can come up with an idea, so get in touch!

We want to make supporting Conwy Mind as easy as possible, so you will work closely with our Fundraising Officer who will ensure you have everything you need, such as leaflets, banners, fundraising packs, logos and more!

We will always ensure your efforts do not go unrecognised and shout about all the incredible work you are doing on our social media platforms and website.



“ Conwy Mind have made me more happy and mindful. I can manage my anxiety easier now and the activities that I was given really helped me with understanding my problems. I will forever be grateful for all the help I received. ”

How your fundraising helps

£10 could enable a volunteer to go out and support someone on our befriending scheme for a day.

£25 could support a young person to access their first counselling session.

£50 could help us to run a mental health therapeutic support group session for young people.

£100 could support a young person to complete the active monitoring programme.

£300 could support a Mum's Matter 10-week course to help a group of parents to better mental health.

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

Organising a fundraiser

Not sure on how to begin your officer fundraiser? No problem. Here are some ideas along with our top tips for getting off to a flying start.

Bake sale

Hold a sweepstake

Organise a raffle

Fancy dress day

Hold an office quiz

Sponsored walk

Fun run

Gaming marathon

Football tournament

Craft workshop

Enjoy it!

The first three letters of 'fundraising' are no coincidence - so do everything you and your colleagues can do to enjoy yourself. Pick fundraisers that are fun to you!

Find a venue

If you're organising an event or challenge, sort out the location first! If it's in your office then perfect! Then once that's done you can decide on a date and start spreading the word.

Get online

When it comes to fundraising, the internet is your best friend. You can find out more on the next page, but from the very beginning make sure you've set up a fundraising page and you're online telling people what your company is doing.

Shout about it

Make sure everyone in your team is shouting about what you're doing so they're all reaching family and friends! For some companies it might be good to let customers know too!

Resources!

However you choose to support us we want to make sure you have everything you need!

Just Giving

To set up a fundraising page to spread far and wide, you can create your page here: [justgiving.com/conwymind](https://www.justgiving.com/conwymind)

Posters

Add your fundraising details to our template poster ([mind.org.uk/resources](https://www.mind.org.uk/resources)), then head to local libraries, cafes, leisure centres, shops and community halls to get busy with the blu-tack.

Sponsorship forms

If you'd prefer to fundraise using a sponsorship form just get in touch with our Fundraising Officer who can email it or post it to you.

Other

If you require any Conwy Mind leaflets, posters, banners, t-shirt, fundraising buckets etc then just get in touch with our Fundraising Officer who can get everything over to you!



Keep in touch!

If you are supporting us we'd love to know so we can shout about it and support you every step of the way.

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

