



Mental Elf

Your Way!

Community
Fundraising Pack

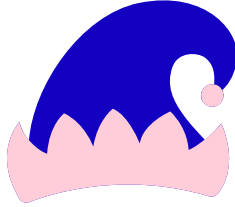


Interested in taking part?

Calling all festive elves! This year we are making Conwy's Mental Elf fundraising event bigger! We're extending the fun and letting you decide how to bring a bit of elf magic to the season, and help us support mental health in Conwy. Teachers, do you want to...



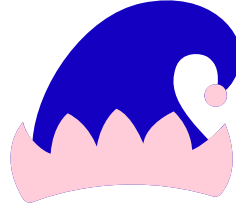
Boost wellbeing for friends and colleagues?



Bring your community together?



Help children in need across your community?



Get friends and colleagues active and have fun?



Mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits that physical exercise, time outdoors, mindfulness and community participation can have on mental wellbeing and happiness shows no limits.

That's why this year we're extending the Mental Elf fun, to help you build your community and raise awareness of mental health support in Conwy. With your support we can stop mental health crisis before it starts.

How you can join in.

Join us for the Mental Elf Your Way Challenge and you could help change the lives of people in need of mental health support right across Conwy.

1

Set up your fundraiser:

Set up your fundraising page on Just Giving and contact Bethan.lloyd@conwymind.org.uk to let us know about your event.

2

Choose your challenge

Decide which fundraising challenge you would like to do from our list of suggestions, or create your own! Don't forget to fill in the details on your fundraising page and share it using our poster and social media templates. [Mental Elf Your Way Pack](#)

3

Grab your best elf outfits

Why not wear an elf hat, a head to toe costume or your best festive accessories.

You can complete your Mental Elf fundraiser any time before the end of December!

Pick a date and time that works for you... whether it's a Christmas jumper day or sponsored festive breaktime - the choice is yours!



Why we need your support...

Why is it important to fundraise?

The funds you raise will help Conwy Mind to provide life changing support, including to children and young people living with poor mental health across Conwy, through free and accessible services.

What kind of services am I fundraising for?

In the last 18 months, Conwy Mind provided support for over 198 young people aged between 11-18 living with poor mental health. 155 of those young people received support in one-to-one sessions.





Fundraising challenge ideas

Use our fun festive suggestions
or create your own!

Get active

- Elf-themed mini obstacle course
- Silent disco
- Christmas music dance-a-thon
- Elf dash fun-run
- Reindeer relay race
- Jingle bell jog
- 12 days of fitness challenge
- Santa's sack race
- Reindeer antler ring toss challenge
- Jingle bell jump rope
- Christmas talent show

Get creative

- Elf dress-up day/
Christmas Jumper Day
- Christmas movie marathon
- Elf-themed raffle
- Gift-wrapping service
- Christmas card making
- Christmas Quiz
- Christmas ornament crafting contest
- Recycled Christmas decorations
contest
- Elf themed bake sale
- Spare change challenge
- Technology-free weekend challenge

