mind Conwy

Race to the North Pole!

Fundraising Pack

Step up for our community!
Join the challenge to fund vital mental health calls, support groups, and youth sessions this winter.

Every activity and every £1 moves us closer to our goal.



Welcome to Team Mental 'Elf!

Your mission (should you choose to accept it) is to help spread the word about looking after your mental health in Conwy this winter.

With 220 elves racing last year for awareness, this year we're sending those elves out across Conwy- aiming to spread the message as far and wide as possible!

Thank you for stepping up to support your community. By taking part in the "Race to the North Pole" challenge, you aren't just raising money; you are ensuring that when a neighbour in Conwy reaches a breaking point, there is a hand to catch them. Every penny stays in Conwy to fund local support lines, schools programs, and peer support groups.

The Challenge
Anything goes with this challenge! There's just 3 simple steps.
1) Choose your own activity.
2) Spread the word about Conwy Mind.
3)Raise a few £1's and help our elves reach the North Pole in Time for Christmas.
You can donate anything raised to our Just Giving page to add your miles to the race.

Choose a specific elf to support or back the whole team - the choice is yours!
Keep an eye on our website and socials to see how they're getting on.
(Some of our elves aren't too keen on following maps...)

The Goal
Raise £2,600 to keep these vital services alive throughout the winter.

Activity Ideas



Don't forget to tag us in your photos on social media!
We love sharing your efforts and celebrating your success.

Whether you're a seasoned runner, a master baker, or love a good festive quiz, there are endless ways to raise funds for us. Pick your favourite activity below (or try a few!) and help us make a real difference this winter.

1. The Original Elf Fun Run:
Host a local fun run, get your run club involved, or turn up to a local Parkrun in full elf fancy dress to collect sponsorship and spread the word!

2. Festive Craft & Bake Sale:
Sell mince pies, gingerbread biscuits, or handmade wreaths or decorations at work, school, or your local community centre.

3. Cosy Christmas Quiz Night:
Gather teams for a seated trivia evening! You could even have themed Christmas rounds or a half-time raffle.

4. "Guess the Weight" & Sweet Jars:
Put a Christmas pudding or sweet-filled jar on display and charge a small entry fee per guess to win it.

5. Christmas Carolling & Open Mic:
Sing carols outside local shops or host a festive open mic night, collecting donations via cash buckets or QR codes.


I’m racing for
Mental ‘Elf
In aid of
mind Conwy


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OPERATION
RACE TO THE
NORTH POLE!
£1 = 1 MILE

I am taking part in



Race to the North Pole!

In aid of

mind Conwy

I am taking part in



Race to the North Pole!

In aid of mind Conwy

We are taking part in



Race to the North Pole!

In aid of mind Conwy

Our Club is taking part in



Race to the North Pole!

In aid of mind Conwy

Our Group is taking part in



Race to the North Pole!

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Join our

Race to the North Pole!

We are raising funds to STOP mental health crisis in Conwy this winter!

Donate £5

Your donation will help support a young person with activities, techniques and coping strategies to help them understand and manage their feelings.



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We are raising funds to STOP mental health crisis in Conwy this winter!

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Your donation will help provide someone with 1-1 support calls - to have a compassionate and understanding ear and help them through a tough time.



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