

#TeamAnnaFreud Calendar 2024



Anna Freud
building the mental
wellbeing of the
next generation

Events

We're so grateful for your interest in becoming part of #TeamAnnaFreud. To get you started, here are some events that you could take part in. Why not challenge yourself to a ride, run or walk? There is something for everyone.

Your winter events

27-28 January 2024	London Winter Walks
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Your spring and summer events

7 April 2024	Brighton Marathon
7 April 2024	London Landmarks Half Marathon
14 April 2024	Manchester Marathon
5 May 2024	Tour de Manc
19 May 2024	Hackney Half Marathon
25 May 2024	Great Manchester Run 10k
26 May 2024	Edinburgh Marathon Festival
25-26 May 2024	London 2 Brighton Challenge
26 May 2024	RideLondon
8-9 June 2024	Lake District Challenge
6-7 July 2024	Peak District Challenge
24 August 2024	London Summer Walk

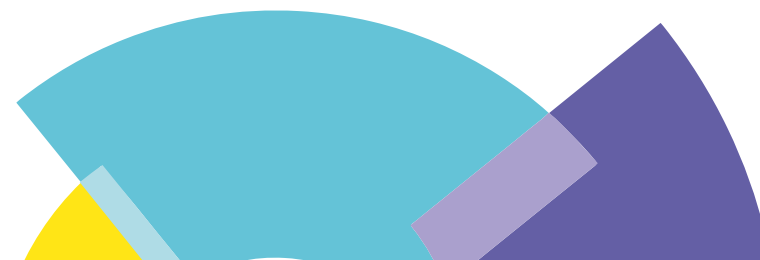
Your autumn events

8 September 2024	Great North Run
15 September 2024	London to Brighton Cycle Ride
28 September 2024	The Peaks Tour
6 October 2024	Cardiff Half Marathon
13 October 2024	Royal Parks Half Marathon
26 October 2024	London Halloween Walk

There are many other popular challenge events which take place across various locations and dates, such as [Tough Mudder UK](#), [Swim Serpentine](#), [Skydives](#), or [The National Three Peaks Challenge](#), where you can set up your own challenge event at a date that suits you.

We want these events to be as accessible as possible. Please email us about your accessibility requirements.

To sign up for a challenge event, complete our form [here!](#)



Awareness days

There are many awareness dates across the year where Anna Freud and other charities, individuals and organisations can join together to promote awareness and action around children and young people's mental health.

Key dates to have in your diary:

5-11 February 2024

Children's Mental Health Week

To raise awareness and funds, why not take up the junk food challenge: if you're known for your sweet tooth, challenge yourself to give up junk food for a month and ask your colleagues to sponsor you.

13-19 May 2024

Mental Health Awareness Week

To support young people and discuss this year's theme, you could host a coffee morning with donations for cakes and biscuits to raise funds for young people.

10-16 June 2024

Infant Mental Health Awareness Week

We know that the first stages of life are most important for a young person's mental health. You could encourage your colleagues to do a collective self-care activity, such as yoga or mindfulness, with donations collected to support infants in their early years.

Thursday 10 October 2024

World Mental Health Day

We would love to discuss your involvement and ideas further with you; please email fundraising@annafreud.org or contact your Anna Freud account manager.

Don't forget to post about your challenge! Tag us on Instagram and X @AFNCCF, using the #TeamAnnaFreud hashtag.

