**[Insert location] Co-op complete [insert activity] to raise funds to improve mental wellbeing**

Co-op colleagues in [insert location] laced up their trainers to get active on [insert day(s) and date(s) e.g. Saturday 30 August] to raise funds for charity partners Mind, SAMH (Scottish Association for Mental Health) and Inspire, to bring communities together and improve mental wellbeing across the UK.

Colleagues completed [insert fundraising activity; e.g. doing a 10km static cycle, running a 10km relay etc.] over the course of [insert duration; e.g. x hours, the day, the weekend, the week, date range etc.], and with the help of generous donations from the local community, raised [insert amount £].

[Insert name], store manager at Co-op [insert store location], said: “We are delighted to fundraise for our national charity partners. The [insert activity] was quite a challenge at first but once we got started we soon hit our stride and really enjoyed it. We would like to thank our members and customers for their generosity and support, and especially for the words of encouragement!”

The Coronavirus pandemic has had a huge impact on local communities, including on people’s mental health. A recent survey by Mind found that more than half of adults and over two thirds of young people said that their mental health had got worse during lockdown.

Paul Farmer, Chief Executive at Mind, said: “We’re incredibly grateful to [insert location] Co-op colleagues for getting completely stuck into their [insert activity] for the charity partnership. Not only have they raised a fantastic amount of money but they’ve also helped to raise awareness on the issue of mental wellbeing.

“This is a particularly challenging time for all of us and the pandemic is having a huge impact on our mental health and wellbeing, especially for those of us with existing mental health problems. Thanks to [insert location] Co-op colleagues and their ongoing energy and enthusiasm for fundraising through this charity partnership, we will be able to reach even more people in need of support.”

OR

Billy Watson, Chief Executive at SAMH, said: “A massive well done to [insert location] Co-op colleagues for their achievements through their [insert activity] for the charity partnership. Not only have they raised a fantastic amount of money, but they’ve also helped to raise awareness on the issue of mental wellbeing.

“We know that the pandemic is having an impact on our mental health and wellbeing, especially for those of us with existing mental health problems – so it’s never been more important to support Scotland’s mental health. Thanks to [insert location] Co-op colleagues and their ongoing energy and enthusiasm for fundraising through this charity partnership, we will be able to reach even more people in need of support.”

OR

Kerry Anthony, Chief Executive Officer at Inspire, said: “Team Inspire are incredibly proud to be the Co-op’s national charity partner for Northern Ireland, alongside SAMH for Scotland and Mind for England and Wales. This August, Co-op colleagues have come together for the ‘Be Active’ national fundraising initiative, taking on active challenges and raising funds to improve mental wellbeing and resilience in our nation.

“We greatly appreciate our Coop colleagues at [insert location] for their ongoing energy, enthusiasm and continued support through [insert fundraising initiative]. We want to say thank you to all staff who got involved. We know that the pandemic is having an impact on our mental health and wellbeing, especially for those of us with existing mental health problems – Now more than ever, we need to work together, reach people in communities and focus on promoting positive mental health and wellbeing.”

The charity partnership aims to raise £6 million by engaging Co-op colleagues, members and customers in a range of national and local fundraising. The amount raised will enable the charities to deliver innovative new services in communities across the UK to ensure people receive the mental health support they need.

Visit [www.coop.co.uk/charitypartnership](http://www.coop.co.uk/charitypartnership) for more information.

-Ends-

**About Co-op:**

* The Co-op is one of the world’s largest consumer co-operatives with interests across food, funerals, insurance, legal services and health. It has a clear purpose of championing a better way of doing business for you and your communities. Owned by millions of UK consumers, the Co-op operates 2,600 food stores, over 1,000 funeral homes and it provides products to over 5,100 other stores, including those run by independent co-operative societies and through its wholesale business, Nisa Retail Limited. It has more than 63,000 colleagues and an annual revenue of over £10 billion.

**About Mind:**

* Mind, the mental health charity, provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They won't give up until everyone experiencing a mental health problem gets both support and respect. [mind.org.uk](http://www.mind.org.uk)
* Mind has a confidential information and support line, Mind Infoline, available on 0300 123 3393 (lines open 9am - 6pm, Monday – Friday)
* For information and support on staying mentally healthy at this time, visit [www.mind.org.uk/coronavirus](http://www.mind.org.uk/coronavirus)
* The online mental health community is a safe space where anyone aged 18 and over with experience of a mental health problem can share their story, connect with others, access Mind’s wider information and resources, and give support in return. Find out more at [mind.org.uk/community](http://www.mind.org.uk/community)
* Mind’s income has been affected by the outbreak of coronavirus, largely due to the closure of our 160 charity shops across England and Wales, and the cancellation or postponement of major fundraising events. To help them continue their vital work, donate to our emergency appeal: [www.mind.org.uk/donate](http://www.mind.org.uk/donate)
* Mind offers free resources for employers to help improve mental wellbeing. For more information, visit [mind.org.uk/work](http://www.mind.org.uk/work)

**About SAMH:**

* For media enquiries in Scotland please contact the SAMH Communications Team via communications@samh.org.uk or call 0141 530 1097.
* Around since 1923, SAMH (Scottish Association for Mental Health) is Scotland’s national mental health charity. Today, in over 60 communities we work with adults and young people providing mental health social care support, services in primary care, schools and further education, among others.
* Visit [www.samh.org.uk](http://www.samh.org.uk/) or follow [@SAMHTweets](https://twitter.com/SAMHtweets), [SAMHmentalhealth](https://www.facebook.com/SAMHmentalhealth/) on Facebook and [samhscotland](http://www.instagram.com/samhscotland/) on Instagram for more information
* If you’re seeking support or information relating to mental health problems, call the SAMH Information Service on 0344 800 0550 or email info@samh.org.uk. The service is open from 9am to 6pm, Monday to Friday, except on Bank Holidays.

**About Inspire:**

* For media enquiries in Northern Ireland please contact Inspire’s Communications and Engagement Manager, Jenna Booth, via j.booth@inspirewellbeing.org or 028 9072 5459
* Inspire is an all-island charity and social enterprise working together with people living with mental ill health, intellectual disability, autism and addictions across Ireland, to ensure they live with dignity and realise their full potential. Our person-centred, whole-society approach means we believe in a culture of compassion, creating a society free from stigma that focuses on people and their abilities.
* Visit [www.inspirewellbeing.org](http://www.inspirewellbeing.org) or follow [@InspireWBGroup](https://twitter.com/InspireWBGroup) on Twitter, InspireWBGroup on Facebook and Inspire\_Wellbeing on Instagram for more information