



RAISING PLENTY IN 2020

Raise your game and fundraise
for mental wellbeing

One in four people will experience a
mental health problem in any one year

For more information and to find out how to get support visit coop.co.uk/charitypartnership

#ItsWhatWeDo @coopukcolleague @Mindcharity

@SAMHtweets @InspireWBGroup

working in partnership with:



Mind is a registered charity in England & Wales no. 219830. SAMH (Scottish Association for Mental Health) is a registered charity in Scotland no. SC008897. Inspire Wellbeing is a registered charity in NI no. 103470.