



# RAISING PLENTY IN 2020

Get moving and fundraise  
for mental wellbeing  
25 - 31 August

working in partnership with:



# Get moving and **fundraise for mental wellbeing** this August

Coronavirus has had a huge impact on local communities which is why Co-op colleagues are supporting on issues such as access to food and bereavement. Our charity partnership with Mind, SAMH and Inspire is more important than ever, more than half of adults (60%) and over two thirds of young people (68%) said their mental health got worse/deteriorated during lockdown.\*

That's why, this August, we're asking you to strap on your trainers and get active to fundraise as much money as possible.

Not only will getting active help raise money to improve mental wellbeing across the UK, it can also improve your sleep, boost your mood and help you to manage stress.

You've already raised over £1m and because of your efforts our partners will be able to deliver services to test and learn the role of community in building mental wellbeing from October. Thank you!

So, whether you're a footie fan, keen cyclist or just want to get moving this month, let's get active for Raising Plenty in 2020.

## Michael's Story

“I could feel the benefits mentally, as well as see the changes physically.”

I had a drink and drug addiction which spanned over 20 years. I hit rock bottom when I became homeless, I lost everything at that stage. Relationships broke down including that with my kids. I was so low with depression; my mental health was at an all-time low.

I didn't associate my addiction as a mental health issue but it was, I was so unwell, I didn't even know and that can be a very lonely place. I decided to

get myself help and support, to work through my recovery.

To try and structure my days, I started running. I could feel the benefits mentally, as well as see the changes physically. I was getting stronger, my self-esteem and self-belief started to grow. It wasn't just about the running, it was the cup of tea, chat and support, meeting up with a running community/friends to go for a run. I just started to feel better about myself.

I started running with the park runs, then 5k, 10k, half marathon and in 2018, I completed the Belfast Marathon. So from starting out as something to do as a way to structure my days, to actually accomplishing something to make me proud of me... There is much more to running, it has had a massive influence on my recovery, mental and physical wellbeing and self-belief.



## 5 ways to wellbeing

Evidence shows **we can all do things** to look after our own mental wellbeing

1. **connect with other people**
2. **be physically active**
3. **take notice and be mindful**
4. **learn new skills**
5. **give to others**

### About our partners:



At **Mind**, we provide advice and support in England and Wales to empower anyone experiencing a mental health problem.

For more information visit [mind.org.uk](https://mind.org.uk)

**Mind** offer support in England and Wales.



**SAMH** is for Scotland's mental health. We support the mental health and wellbeing of adults, young people and their communities.

For more information visit [samh.org.uk](https://samh.org.uk).

**SAMH** offer support in Scotland.



At **Inspire** we support people with experience of mental ill health and their families across Northern Ireland.

For more information visit [inspirewellbeing.org](https://inspirewellbeing.org)

**Inspire** offer support in Northern Ireland.





Asking for sponsorship?

Build a fundraising page **online** or **download** a sponsorship form

Whether you'd rather  
**watch, walk or go wild,**  
here's some fundraising ideas to help get you and your colleagues moving.

These ideas would all work remotely!



### Sweepstake

With many football matches starting up again, get into the team spirit and start a sweepstake. Suggest a donation of £2 to take part, half the pot is donated and the winner gets the rest.

Use the sweepstake sheet from the fundraising pack.



### Fancy dress

Ask colleagues to donate £2 to dress up as their favourite football star, present or retro! Not into football? **Use a sports theme and wear the running numbers included in your fundraising pack.**

Working from home?  
Set up a fancy dress video call.

### Guess the player

Put a twist on a classic 'guess who' game and ask colleagues to donate £2 to guess which baby photo is of which famous footballer. The person who gets the most correct wins a prize!



Need a bit of help to get you moving?

Co-op is partnered with **parkrun UK**, who organise free, weekly, timed 5k events, across the country. For more information visit **parkrun.org.uk**

Lend a Furry Friend

Dog walking is a great way to get moving and feel great.

Set up a furry friend exchange, invite colleagues, friends and neighbours to share the joy and love of their pets. Ask for donations for dog walking or just for the pleasure of a play date.

Mars Petcare are donating £25k to Mind, SAMH & Inspire to help bring communities together to improve mental wellbeing.

Pedal power

Borrow an exercise bike and start a static cycle. Set yourself a target or work as a team, ask for sponsors and donations to hit your target over a full day. Don't forget to wipe the bikes down after each use.



### Be a Champion

Write on the medals in your **fundraising pack** what you do to champion good mental wellbeing and hang this up with pride. Or, donate to dedicate a medal to a friend who helped you through a tough time. Why not turn this in to a window display?



### Pledge Challenge

Use the **race number in your pack**, write on a pledge and pin on your shirt, for example, 'I will do 10 star jumps for a donation'. Colleagues, customers, friends can then challenge you throughout the day.



## Top tips for safe fundraising

1. Always check the latest government coronavirus advice for your area and keep in mind when planning your fundraising.
2. Reduce cash handling by using online giving. For help setting up your page email [coop@mind.org.uk](mailto:coop@mind.org.uk). Include your hub number or workplace on your page.
3. If you're in a Co-op store, you can now encourage customers to add a donation on to their shop using the till button.
4. If you cannot safely pass equipment between people such as a pen or a raffle ticket, reduce unnecessary risk by avoiding these activities.
5. For more fundraising advice and guidance email [coop@mind.org.uk](mailto:coop@mind.org.uk) or visit 'How Do I' or the Intranet.

For fundraising advice or additional materials, please get in touch with our partnership hotline on **0203 995 6188** or email [coop@mind.org.uk](mailto:coop@mind.org.uk)

Please note, materials take 3-5 working days to be delivered



# How to Bank your Money

**Banking Deadline: Saturday 26 September**

## Reduce cash handling, fundraise online!

You can set up a Co-op online giving page linked to the partnership. All of the money raised (including the Gift Aid) will be paid directly to our partners.

**Click here to set up your page**

You can find a guide to setting up your page via 'How Do I' or the **Funeralcare Intranet**. Don't forget to add your hub number or place of work to the page title so we can add this to your running total.

## Co-op Food Store

If you are fundraising with your store, submit cash to 'Charity of the Year' through the till system in store. Customers can also add a donation to their shop using the new till buttons for Mind, SAMH & Inspire. This will also be added to your store total. For further details on the process, visit 'How Do I'.

## Co-op Funeralcare

Branches should bank fundraised cash as normal and record this in Rainbow under 'OTHERS / OTHERS'. Please include 'Charity Partnership' in the description to ensure this is recognised as donation to the charity partnership.

## Co-op Depots

Fundraised cash should be paid in via Loomis or your agreed process. If you're unsure email [charitypartnership@coop.co.uk](mailto:charitypartnership@coop.co.uk)

## Co-op Legal Services, Insurance and Support Centre

To bank your fundraised money contact [charitypartnership@coop.co.uk](mailto:charitypartnership@coop.co.uk)

For further support on banking, email [charitypartnership@coop.co.uk](mailto:charitypartnership@coop.co.uk)



**Safety tip:**  
Leave cash for 3 days before counting, avoid touching your face and wash your hands afterwards



# Make it bigger and better

1. Contact your Member Pioneer to help you engage your community and other Co-op outlets in the area with your activities.
2. Don't forget to share your ideas and photos of your fundraising activity online using social media **#ItsWhatWeDo**  
**@coopukcolleagues @Mindcharity @SAMHtweets @InspireWBGroup**  
Join our **Yammer group**:  
Co-op National Charity Partnership - Fundraising for Mind, SAMH & Inspire
3. All stores and funeral homes will receive printed packs in August. You can also click here to **print the posters and other materials yourself**.
4. For t-shirts, buckets, security seals or for help and advice on fundraising call the partnership hotline on **0203 995 6188** or email **coop@mind.org.uk**

Co-op colleagues have **raised over £1m** for our charity partnership

**THANK YOU - you're amazing!**



The team fundraising at Co-op Bishopston



Plymouth Depot Blue Day



Member Pioneer, Pat pedalling for pounds at Co-op Rutherglen

Would you like to appear in the next partnership guide? Tell us what you have planned and send photos after your event to [coop@mind.org.uk](mailto:coop@mind.org.uk)

# If you need support or know someone that does, **you can get help today**

Call Lifeworks for support anywhere on our Confidential 24/7 Employee Assistance Programme on **0800 069 8854**

Contact Mind for information and support in England and Wales on **0300 123 3393\*** (lines open 9am to 6pm, Monday to Friday) Text: **86463** or email **info@mind.org.uk**

Call SAMH (Scottish Association for Mental Health) for information and support in Scotland on **0344 800 0550†** (Lines open 9am to 6pm, Monday to Friday. Closed bank holidays) or email **info@samh.org.uk**

Call Inspire for information and support in NI on **0289 032 8474‡** (Lines open 9am to 5pm, Monday to Friday. Closed bank holidays)

Call Samaritans for support anywhere 24/7 on **116 123<sup>Δ</sup>** or email **jo@samaritans.org**

Text SHOUT for support anywhere on **85258<sup>\*\*</sup>**

These numbers are also on our website at **coop.co.uk/charitypartnership** if a customer or client is looking for support.

\* Phone calls from UK landlines are charged at local rates. Charges from mobile telephones vary considerably. The charge for your call will depend on your mobile phone provider and the contract that you have with them. Mind does not get any money from telephone calls.

† This is a low cost number.

‡ Freephone. Callers can receive signposting information for mental health services from this number but it is not a helpline. Those experiencing distress or despair should call Lifeline 0808 808 8000. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Δ This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles. You do not need to have any credit or call allowance on your plan to call 116 123.

\*\* You can text SHOUT free and anonymously from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. SHOUT are working closely with all other mobile operators to have the same arrangement, but at this time, cannot confirm that if you are with a mobile operator that is not listed above that your messages will be free and will not appear on your phone bill.

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.