

Move for Mind



Your online fundraising

Create your fundraising page

The first thing you need to do is **create your JustGiving page** for Local Mind. Follow this link to get started - **JustGiving** for **Cornwall Mind**

Personalise your page

Update your JustGiving photo and story to **let people know what taking part in Move for Mind means to you**. Fundraisers with photos on their page raise 14% more – perfect excuse for a selfie!

Donate to yourself

Kickstart your fundraising with a donation, and set the trend for how much your supporters are likely to give.

Share and share again

According to JustGiving, every share is worth £10. Don't be afraid to **share your page multiple times** – sometimes it takes people a few times seeing it before they donate.

Getting to the finish line

20% of donations come in after your challenge is finished, **so keep it going!**

Update your supporters

Your supporters want to hear how your challenge is getting on, so keep them up to date by sharing your progress. Remember to use **#MoveforMind** so we can follow along too!



Earn a Move for Mind t-shirt when you raise

£50.

Make it to

£150
for a special
Move for
Mind medal.



If you hit **£350**
we'll send you
a Mind neck buff.

Move for Mind checklist

- Personalise your page.
- Join our [Facebook page](#).
- Set your challenge goals using our [progress tracker](#).
- Share your challenge with friends and family.
- Reach fundraising milestones to receive your rewards.
- Keep friends and family up to date with how you're getting on.

Mind resources

- ▶ **Download** your Move for Mind progress tracker.
- ▶ Visit our **resource centre** for exciting fundraising and activity materials.
- ▶ Visit our **exercise and wellbeing hub** to find ways you can get active.
- ▶ Read our Move for Mind **FAQs**.
- ▶ Join the Move For Mind **Facebook** page.

How your fundraising helps

When you fundraise for Cornwall Mind, every penny we receive stays in the county and helps to fund our vital wellbeing services so that people struggling with mental health difficulties can access the help they need.



Your support could help someone find a way forward and know they are not alone.

With your support, you can help us to continue our life changing work, and for that we cannot thank you enough.



For more information:

Email: lucy@cornwallmind.org

Facebook/Instagram @cornwallmind

 **Mind Cornwall**

Charity Number 1176942