

Mental Elf

Wellbeing Challenge

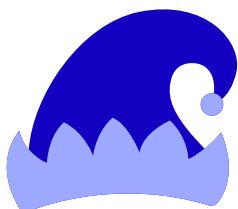
Children's Community Groups
& Junior Youth Zones



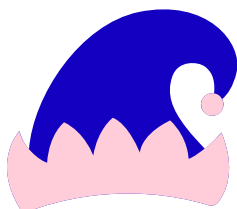
Is your group taking part?

Calling all mini elves! This year we are bringing our best festive fundraising event to your club!

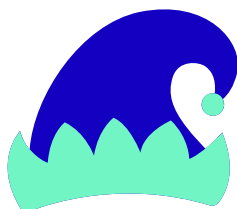
Leaders, do you want to...



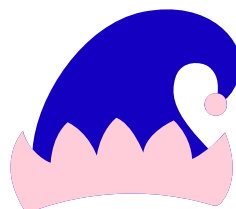
Boost wellbeing for your young people & leaders?



Bring together your local community?



Help children in need across our community?



Get your young people more active and have fun?



Mental wellbeing is a normal part of daily life, in the same way as physical health. The benefits that physical exercise, time outdoors, mindfulness and community participation can have on mental wellbeing and happiness shows no limits.

The Mental Elf Wellbeing Challenge enables young people to experience the importance of developing resilience and positive mental health through engaging activities and working together to complete a challenge.

How your group can join in.

Join us for the Mental Elf Wellbeing Challenge and you could help change the lives of young people in need of mental health support right across West Sussex

1

Visit our Mental Elf Challenge hub:

<https://www.westsussexmind.org/get-involved/fundraising/mental-elf-wellbeing-challenge-for-schools-and-youth-groups>

Register your group fundraising page and after registering download the fabulously free festive Mental Elf resource and activity toolkit.

2

Choose your challenge

Decide with your young people which fundraising challenge you would like to do from our list of suggestions or create your own! Don't forget to fill in the details on your fundraising page and share with parents and leaders through our poster and social media templates.

3

Grab your best elf outfits

Whether it's an elf hat, cheery face painting, a head to toe costume or your best festive accessories.

You can complete your Mental Elf fundraiser any time in December! Pick a date and time that works for your group whether it's a dedicated time for the whole club to join together, a PE style activity or a health and wellbeing activity, the choice is yours!



The benefits for your club.

Wellbeing themed resources and activity toolkit, with clear instructions.

Community focused fundraising opportunity for the whole school

Awareness around mental health and wellbeing for young people as well as knowledge of local services to support families

Thank you letter for all clubs taking part. Achievement certificate for those raising over £150.

“One in five classroom age children are now experiencing a mental health condition.”

Why is Mental Elf so important?



The funds you raise will help West Sussex Mind to provide life changing support to those living with mental health conditions across the county, through free and accessible services.

In the last 18 months, we have supported just under 8,000 people with their mental health and our help point team have answered almost 10,000 phone calls from people in need. Thanks to donations from individuals and different organisations £427,110 was raised which enables West Sussex Mind to provide support for people across the county.





Fundraising challenge ideas for your club.

Use our fun festive suggestions or create your own!

Get active

- Elf-themed mini obstacle course in the sports hall
- Silent disco
- 2k fun run inside or outside
- Christmas music dance'athon
- Elf dash fun run
- Reindeer relay race
- Jingle bell jog
- 12 days of fitness challenge
- Santa's sack race
- Reindeer antler ring toss challenge
- Jingle bell jump rope
- Christmas talent show

Get creative

- Elf dress-up day
- Christmas movie marathon
- Elf-themed raffle
- Gift-wrapping service
- Christmas card making
- Mindfulness colouring challenge
- Christmas ornament crafting contest
- Recycled Christmas decorations contest
- Read-a-thon
- Elf themed bake sale
- Spare change challenge
- Technology-free weekend challenge



Free Mental Elf Wellbeing toolkit for all clubs taking part.

Fundraising kit and resources

Helping to promote your challenge

- Engaging fundraising ideas for your staff and children or help to create your own challenge idea
- Online fundraising page for your club/group
- Poster template to advertise your challenge
- Social media templates to promote you are part of the Mental Elf Wellbeing Challenge
- Printable badge to show you're taking part



Festive mental health activities

Promote positive mental health & resilience

Collection of 12 activities including:
Positive Affirmations Christmas Tree,
Build Your Resilience Elf, Reflection
Ornament, Mindful Breathing Star
Exercise and more!

Get started today!

Sign up for the Mental Elf Wellbeing Challenge:

<https://www.westsussexmind.org/get-involved/fundraising/mental-elf-wellbeing-challenge-for-schools-and-youth-groups>

Email any questions to:

keeley.iron@westsussexmind.org
fundraising@westsussexmind.org



All resources have instructions and are available to download in a print friendly pdf.

