

# Mindfulness Fundraising Challenge

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**Choose a mindful activity and challenge yourself to committing to it for 24 hours over a 36 or 48 hour period (sleep is important!) in the comfort of your own home**



Launching during Mental Health  
Awareness Week 11<sup>th</sup> May



[fundraising@westsussexmind.org](mailto:fundraising@westsussexmind.org)

[westsussexmind.org](http://westsussexmind.org)

West Sussex mind

Charity number: 1155918

Fundraising number: 07879571330

# Mindfulness Fundraising Challenge: How it works

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1. Register your challenge and create a JustGiving page through our website: [www.westsussexmind.org/get-involved/fundraising/mindfulness-fundraising-challenge](http://www.westsussexmind.org/get-involved/fundraising/mindfulness-fundraising-challenge)
2. Download the digital resources pack
3. Choose a mindful activity to commit to for 24 hours over a 36-hour or 48-hour period. It is important you get rest and sleep!
4. Set yourself a fundraising goal and a hobby goal. Your fundraising goal will be the amount of money you want to raise. The hobby goal will be what you want to achieve in 24 hours, e.g. reading 3 books or completing 5 puzzles, it is entirely up to you how difficult you set this goal!
5. Choose a weekend or a couple of days to do the challenge
6. Share updates on social media to family & friends to gather support. You may even want to share why you are doing this challenge in the first place!
7. Use the resources to make your challenge interactive and fun.



# Fundraising for West Sussex Mind

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**We believe everyone should feel able to support their local mental health charity. That's why we've created a fundraising activity you can do from home, built around something you already enjoy, but with a challenge that really pushes you.**

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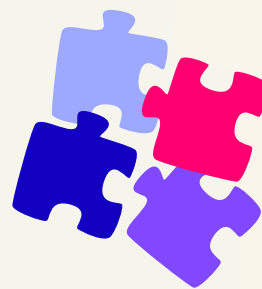
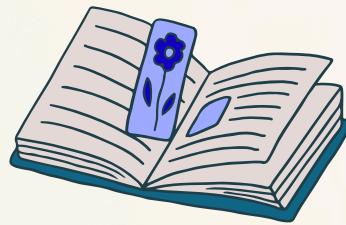
Register your challenge on our website and start fundraising!



# Challenge Activities

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- Reading
- Painting
- Writing
- Colouring
- Puzzling
- Crocheting
- Knitting



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**Time yourself to see how much  
of your favourite hobby you can  
get done in 24 hours.**

3 books? 4 puzzles? 5 paintings?

# Mindfulness Challenge

## Checklist: ✓

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- Choose a social media platform to keep your friends and family updated
- Take a picture of your set up and chosen snacks to get you through
- Set your hobby goal and fundraising goal
- Setup a JustGiving page & fundraising target
- Create a focus playlist
- Arrange rest breaks, including a sensible time to switch off and get some sleep before day 2.
- Tag @westsussexmind and use the hashtag #WestSussexMind on social media
- Choose two days to complete the challenge
- Download our fundraising pack from the website

# Setting your goals

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To get the most out of this challenge, setting some goals would be useful as a motivator! Your hobby goal should be what you want to achieve or create within the 24 hour period. For example, knitting 1 jumper, painting 3 canvas pictures or writing a short story. It is up to you how difficult you set this goal, but remember you want it to be enjoyable as well as challenging! Your fundraising goal should be how much money you want to raise for West Sussex Mind. You should think practically and consider how much support you will be able to get from family & friends.

**Fundraising goal:**



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**Hobby goal:**

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# Mindfulness Challenge Bingo

West Sussex mind

Tagged  
@WestSussexMind

Completed  
some of the  
challenge  
outside

Muted my  
phone for  
at least an  
hour

Raised  
£100

Taken a  
selfie whilst  
doing my  
hobby

Told  
someone  
my 'Why'

Shared on  
2 social  
media  
platforms

Had  
someone  
help with my  
hobby goal

Raised  
£50



If you complete the bingo grid or  
fundraise over £150, you will receive  
one of our branded hoodies!



# Fundraising support

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**Asking your friends and family for support with your fundraising can be difficult, there should never be any pressure with fundraising. Share with people why it is so important to you and they might help support you in a variety of ways.**

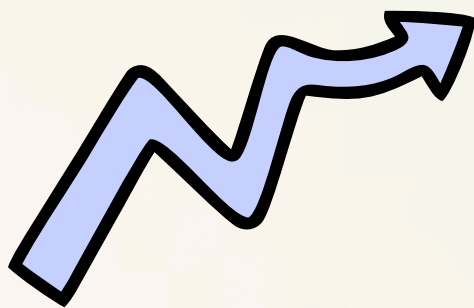
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- “Why this matters to me...”
- “How this challenge is helping my mental health...”
- “Who I’m doing this for...”
- “Instead of scrolling this weekend, I’m taking on a 24-hour mindfulness challenge to support mental health...”
- “I’ll be committing to [activity] for 24 hours to raise money for West Sussex Mind, which means a lot to me because [your reason].”
- “If you’re able to donate or share, it would mean so much. Thank you”

# Progress Tracker

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Colour in  
each hour  
you spend  
doing your  
hobby!



**Day 1**   **Day 2**

**Hour 1**

**Hour 2**

**Hour 3**

**Hour 4**

**Hour 5**

**Hour 6**

**Hour 7**

**Hour 8**

**Hour 9**

**Hour 10**

**Hour 11**

**Hour 12**

	Day 1	Day 2
Hour 1		
Hour 2		
Hour 3		
Hour 4		
Hour 5		
Hour 6		
Hour 7		
Hour 8		
Hour 9		
Hour 10		
Hour 11		
Hour 12		

# Mindfulness Fundraising Challenge


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**A huge thank you for fundraising  
for West Sussex Mind and a big  
well done for taking action and  
putting yourself first by joining  
in on this mindfulness challenge**

**Please feel free to share any  
pictures or creations to our  
social media accounts and tag us  
@westsussexmind**

**Thank you!**



West Sussex  Mind