

UNMASKED MENTAL HEALTH

Fundraiser pack



[Join the Ride](#)

Unmasked 
Mental Health

Unmasked Mental Health

Albion St Halifax, HX11DU | unmaskedmentalhealth.co.uk

Last year we took on the huge challenge of cycling the entire length of the UK. We cycled over 1000 miles from Lands End to John 'O Groats in 14 days. This was a massive challenge for amateur cyclists like us, but one we wanted to achieve because we knew how mentally challenging it would be for us.

For 2022 we want to continue the cycling challenges but this time we are going to tackle it width ways instead. On September 2nd at 9am we will set off from Blackpool Tower with the aim to get to Whitby Whale Bones in 24 hours. Yes, you heard that right 151 miles and 10,524 feet of climbing in just 24 hours.

This challenge isn't about speed and fitness but more about endurance and mentally to keep going and push to the finish line. Once there I'm assured, they'll be good old Yorkshire fish and chips waiting for all who take part.

Every penny raised in our fundraising events goes directly back into Unmasked Mental Health to help us to continue to deliver our life saving services for not only women and men across the UK but now children too.

- Free Peer support groups across the UK
- Free peer support app on Apple & Android
- Low-Cost counselling service
- Workplace Mental health Training
- School workshops and support

This year we are looking for people to join us, so if you're looking to take on a challenge whilst rising some money as well then why not join us and together lets Unmask the stigma of mental health.

To sign up – please visit:

<https://localgiving.org/unmaskedcoast2coast2022>

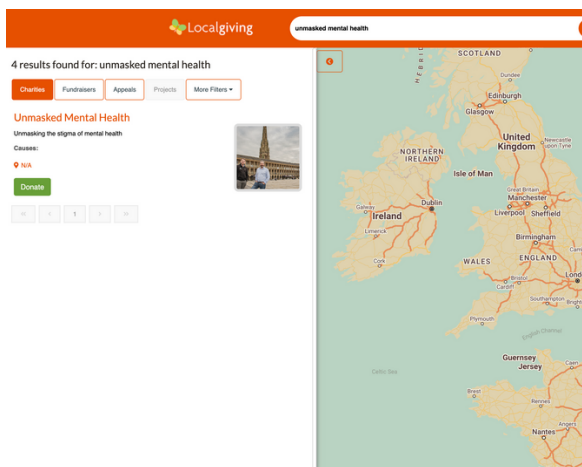
Alternatively follow visual instructions below (page 3)

If you need any help at all with this please don't hesitate to contact me either on info@unmaskedmentalhealth.co.uk or on 01422 356945. Please don't forget Gift Aid when making your donations – this allows us to claim an extra 25% back on your donation at no extra cost to the donor.



HOW TO SIGN UP

Coast to Coast 22



Step 1

Getting started

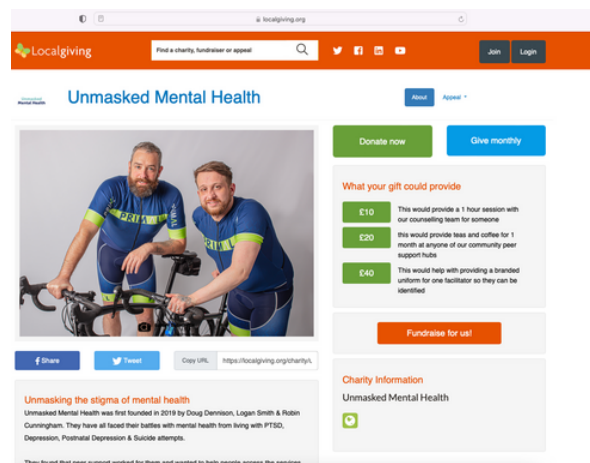
First, open up a browser and search localgiving.org.
Once you get onto the website in the search box type Unmasked Mental Health.

Step 2

Setting up your fundraiser

Once you have clicked on Unmasked Mental Health this page will show up.

Click on the orange tab that says 'Fundraise for us' in order to create a fundraising page.



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HOW TO SIGN UP

Coast to Coast 22

Step 3

Creating your profile

Go through the steps on the screen, filling in your details and once your details have been you will be greeted with this page. Once you reach this page click the option: 'Unmasked Charity Bike Ride 2022 etc...

For the category option pick 'Cycling'. Pick a suitable title for you and click continue. On the next page just click "create fundraising page" to move on.

Step 4

Nearly there...

After clicking "create fundraising page" you will now start to build your page. This is where you can add a picture, bio and a reason why you are choosing to take part in the challenge.

This is also the section to set your target. We are asking everyone who joins to have a minimum target of £250.00.

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Goals & Objectives

OUR OBJECTIVE

Why we doing this?

Our goal is simple,
We want to unmask the stigma of mental health

Our Objectives 1



Continue to prove safe spaces for people to go every Thursday evening. All of are group run at the same time and day across the country. this enables us to keep consistency as well as creating structure.

Our Objectives 2



Continue to provide a low cost counselling service with the end goal to be completely free. on top of this we would like to create a hardship fund for anyone struggling financially but still need the support of a counsellor.

Our Objectives 3



Raise as much awareness as possible. We all go through difficult time but we still bottle it up and allow it to eat away at us. We will continue to let people know that its ok to speak out.

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