

Fundraising at Work



for better mental health
o blaidd gwell iechyd meddwl

Mid and North Powys
Canolfarth a Gogledd Powys

Spread the word!

Let your colleagues know about your fundraising and get them involved!

Signature



Another key and very simple way to get the word out about your fundraising is to change your email signature. On your personal and work account edit your signature to include a short message about what you're doing and, most importantly, the link to your fundraising page.

Posters

Using our handy poster template on our website, print out some posters for your workplace. Be strategic with where you put them, where do people gather? Where are they more likely to look? This could be above a hand dryer in the bathroom or in the kitchen or in lifts. A lot of workplaces often have noticeboards too. Make sure you get permission before plastering your whole office!

Articles on your work intranet

Organise for a piece about your fundraising to be posted on your work intranet – make it interesting to read!



If you don't have a work intranet, post it up on a noticeboard or in the company's newsletter.

Matched funding



Some employers will match your fundraising total pound for pound. Make sure you ask your employer about this – it could be the easiest money you raise!

Self-employed?

Not to worry! There are still hundreds of fundraising ideas for you. Think about who you contact on a regular basis – customers? Clients? Friends in the same field? You can also get involved with your local community.

Fundraising ideas

Lift toll

If you work in a high rise building introduce a 'lift toll' for the day and charge everyone a £1 each time they travel up or down in the lift. If you work in a large tower block just think how much you will raise in day.

Sweepstake

If you are running for Mid and North Powys Mind why not organise your own sweepstake. Set up a grid of times and ask each person to bet £2, the person nearest to your race time wins £25 or a bottle of bubbly.



Dress down day

Ask everyone to pay £2 to come to the office in casual dress, or you could have a theme e.g. a day where everyone has to wear something blue.

Guess the baby competition

This is particularly good if you can get the boss involved! Get everyone in your office to bring in a baby photo and charge people £1 to guess who it is. The person with the most right wins a donated prize.

Host a tea and cake morning

Make up some pots of tea for your colleagues and bring in some baked goods – if they're homemade, even better! Serve the tea and cakes to everyone's desks or organise for everyone to take a break.



Get in touch



Contact Becca on admin@mnpmind.org.uk or 01597 824411 for further fundraising tips and advice.



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