

An illustration of a yellow banner with the text 'Fundraise for us!' written in blue. The banner is held up by seven hands of various skin tones (brown, tan, light skin) and sleeve colors (pink, dark blue, purple, light pink, orange, dark blue). The hands are raised in a gesture of support or agreement.

**Fundraise for us!**

**Could you, as an individual, organisation, team or business help us in raising vital funds for mental health and wellbeing support in our local community?**

The logo for Mind South Powys De Powys. It features a stylized blue icon of a brain with a circular arrow around it, followed by the text 'mind South Powys De Powys' in a blue, sans-serif font.

**mind South Powys De Powys**

# What can I do as an individual?

We understand that sometimes it feels like it's hard to make a difference all on our own, but here at South Powys Mind we believe that there is no such thing as a 'small fundraiser' - and we believe in the power of YOU as an individual.

We're here to champion any and all efforts to raise money - to us, the ordinary IS extraordinary and each every one of us can have a positive impact.

From cake & coffee mornings to silly hair days, from sponsored walks to a marathon... and everything in between.

*Maybe you could BRAVE THE BEAN?*



*...or take on a physical challenge in aid of South Powys Mind like Barney!*

# What can we do as a team?

Fundraising is even more powerful when we come together. Whether you're part of a workplace team, a group of friends, a club, school or community organisation - fundraising as a team is a great way to connect, have fun and make a real difference together.

From quiz nights and bake sales to football tournaments, sponsored challenges and team takeovers, there are so many ways to get involved. Big or small, every event helps us continue supporting people across South Powys with their mental health and wellbeing.

Fundraising together not only raises vital funds, it raises awareness, starts conversations and reminds people that no one has to face things alone.



*Take part in an organised fundraiser... or host your own!*



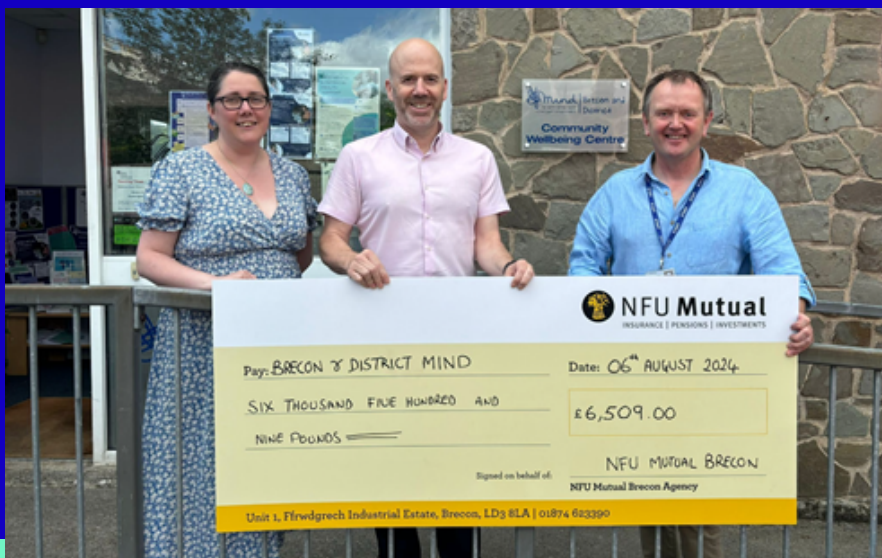
# What can we do as a local business?

Supporting South Powys Mind as a local business is a meaningful way to invest in both your community and the wellbeing of your staff, customers and wider networks.

There are lots of ways your organisation can get involved, from choosing us as your Charity of the Year, becoming a corporate sponsor or organising workplace fundraising events, to taking part in mental health and wellbeing training delivered by South Powys Mind.

By partnering with us, your organisation can help raise awareness of mental health, encourage positive conversations and support vital local services that make a difference every day.

Together, we can create healthier workplaces, stronger communities and a future where nobody has to struggle alone.

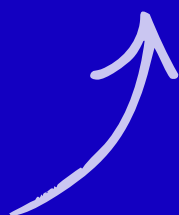
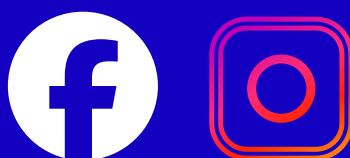


*NFU Mutual raised vital funds!*



# How can WE support YOU?

We're here to support you every step of the way, whether that's helping promote your fundraiser, sharing resources or simply cheering you on from the sidelines.



*Getting the word out about your EPIC fundraiser on socials!*

**We can provide fundraising materials, posters, collection buckets, leaflets and digital resources to help you spread the word and make your event a success.**

**We're also happy to share your fundraising journey through our website, blog, social media and newsletters to help celebrate your efforts and inspire others in our community.**

In aid of  
 **Mind South Powys**

**As part of our wider support, South Powys Mind also offers IWSS (In Work Support Services) a free counselling service available to anyone currently in work, including those working part-time, self-employed or on maternity leave. Through services like these, every fundraiser helps us continue supporting the mental health and wellbeing of people across South Powys.**

**But what should we do?**

**24-hour football match**

**Host a charity concert**

**Coffee & Cake Morning**

**Three Peaks Challenge**

**Sponsored Bike ride**

**Wear BLUE to work Day!**

**Walk over hot coals**

**Sponsored silence**

**Break a World record!**

**Dance-a-thon**

**Bungee-jump**

**Pyjama day!**

**There is no idea too small... or too silly!**