

Ideas for Fundraising At Home!



These past few months have been challenging for all of us. Here at MindSpace, we are extremely proud to have been able to continue to provide services to support the people of Perth and Kinross with their mental health and well-being, albeit in a slightly different way! However (here come the violins), the pandemic has severely restricted our ability to raise money this year. Money that we rely on to run our services. So if any of our wonderful supporters (that's you!) would like to help us out, here are some fundraising ideas that you can do from the comfort of your own home!

Staying at home and saving money?

MindSpace staff have been working from home during the pandemic, have you been doing that too? If so, you could consider donating some of the money you may have saved on your daily commute, perhaps on bus fares or petrol. Have you avoided those coffees in your local cafe, or treats at the till you can't resist? Even these small amounts would really help someone in need to receive our support.



Not going to the pub?



Pubs may have re-opened by many of us are still a little wary of going. If you have not gone to your local pub, bar or restaurant during lockdown, think of all the money you have saved, and consider donating a portion of it to your favourite charity!

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Donate your birthday!

Can't go out to celebrate your birthday? Friends or family can't join you on your big day? Why not invite them to donate to us on your behalf? Your present will be the warm fuzzy glow of knowing you have helped others!



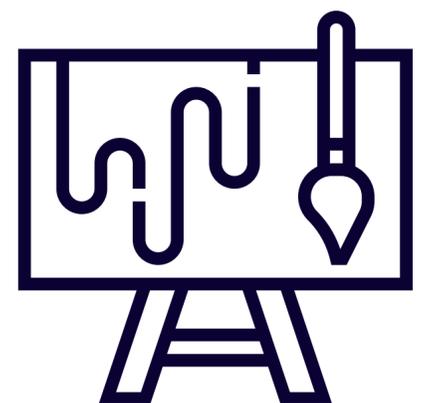
Set yourself a challenge!

Are you a crafty individual? Winter will be on us before you know it, so why not make a start on those winter jumpers? Perhaps you are a secret cook or baker? Why not make something creative (or tasty!) that your friends will love to buy from you? Or better yet, get the kids to do it! Keeping a total of how much they raise will do wonders for their maths homework!



For the artists

While my own artistic talents are non-existent, there are many of you who are incredible artists! Why not create paintings or portraits on request for donations to MindSpace?



Or, if you prefer to admire art rather than create it, why not bid for one of the artworks produced by some of MindSpace's amazing artists in our auction! Go to

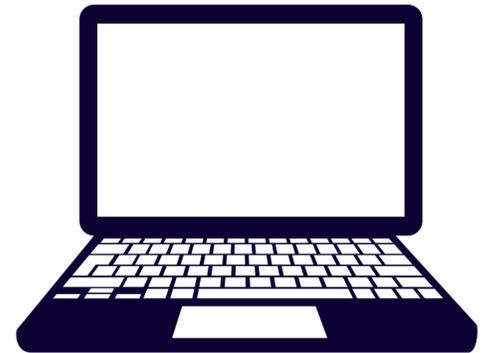
www.mindspacepk.com/art

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Items to sell?

Now is a great time to have a clear out! It's never been easier to sell unwanted items online, and decluttering is good for your mental health! Consider donating some of the proceeds so that other people's mental health can benefit too.



Treat yourself!



And now that you've got all that space, you can treat yourself to something new!
If you are shopping online, please remember to go to www.easyfundraising.org.uk/causes/mindspacep
Every time you visit one of the thousands of retailers on the site using this link, Mindspace receives money at no extra cost to you!

Motivation for keeping fit!

Many of us have realised the importance of exercise during lockdown, so if you have discovered a new love of riding your bike, running or even just walking in your local area, why not set yourself a distance goal and get sponsored to reach it? Keeping physically fit is an important factor in staying mentally well and it doesn't have to be far - it could be small distances every day, in your own time and at your own pace.



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Text to Donate

Don't even want to leave your sofa? No problem! You can donate to Mindspace simply by texting from your mobile phone! (And while you're there, check to see if there are any coins down the back of it!)

To donate £1, text MSPACE to 70201

To donate £3, text MSPACE to 70331

To donate £5, text MSPACE to 70970

To donate £10, text MSPACE to 70191



the small print Fundraising, payments and donations will be processed and administered by the National Funding Scheme (charity number 1149800), operating as DONATE. Texts will be charged at your standard network rate. For terms and conditions, see www.easydonate.org

Our Eternal Gratitude!



Any fundraising activity that you do, or any money you donate, no matter how big or small, means so much to us. We are always truly humbled by the generosity of our supporters and we will be forever grateful to all of you!

And remember, let us know if you plan to do any fundraising - we are here to help if you need us! Contact Alex at alex@mindspacepk.com