

Breaking Boundaries

2020

30th May – 13th June 2020



DONATE NOW WITH
JustGiving™



our mission

'Mental wellbeing for all'



Breaking Boundaries

2020

Dear Boundary Breaker,

Breaking Boundaries 2020 was created out of a desire of three things; spreading the word about better mental wellbeing for all, celebrating Lancashire and encouraging people to get active during lockdown whilst raising a few quid.

The original Lancashire border once included Greater Manchester, Liverpool and parts of Cumbria such as Ulverston and Grange-over-Sands. This equates to 417 miles of boundary that Howard May used to create the Lancashire Border Walk.

We want to now recreate that walk and attempt to share our mission with as many people as possible.

The goal is 417 miles of walking, hopping, running, skipping etc shared amongst as many people in Lancashire as possible, with our Lancashire Mind team getting involved too.

417 miles

We want to raise ten pounds for every mile with a target of £4170.

£4170

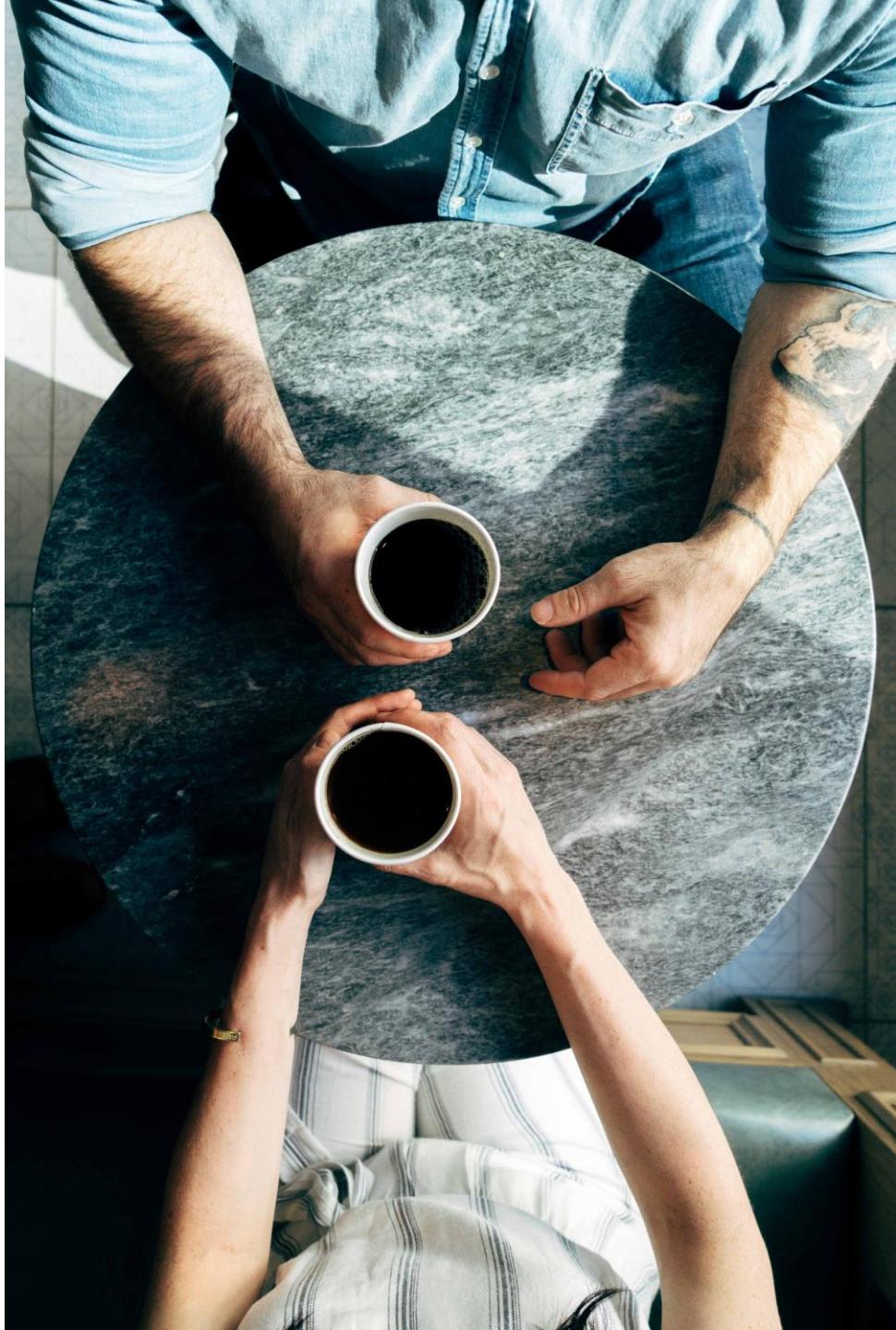
You are now a part of the history towards breaking the boundaries when it comes to mental health.

Thank you,
Emma Bateson
Fundraising Lead

Breaking Boundaries

2020

Becoming a
'Boundary Breaker' will
mean more people in
Lancashire will have
access to wellbeing
coaching...



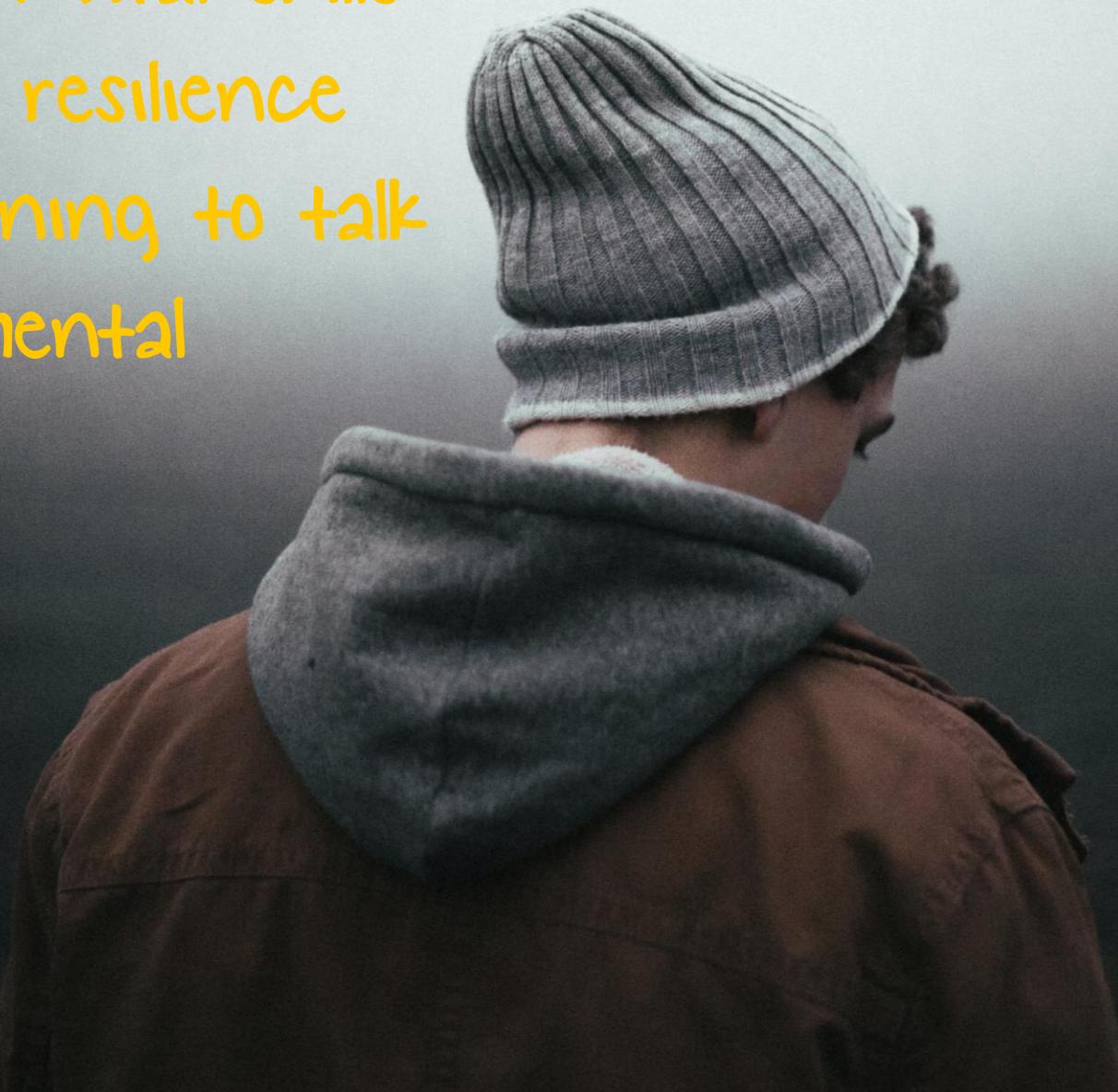
A photograph of a playground swing set. Several dark-colored swing seats are suspended by metal chains from a horizontal beam. The background is a soft-focus view of a grassy field and trees, suggesting a park environment.

More children will
learn about how to
care for their
mental health...



More communities will
access our Community
Wellbeing projects...

More young people
will learn vital skills
such as resilience
and learning to talk
about mental
health...





More training
programmes such as
Suicide First Aid and
coaching workplaces
on the importance of
good mental health
at work...

The Fundraising Challenge of the Year!

THE CHALLENGE TOTAL
417 miles

THE TOTAL EVENT TARGET
£4170

THE PACE
Walk, hop, skip, run or whatever you feel comfortable with!

THE LOCATION
You decide – your driveway, garden, daily walking route etc.

HOW MANY MILES WILL YOU DO TO HELP BREAK THE BOUNDARY?
You decide! Every mile = £10 donation (or whatever you can afford)

HOW CAN FRIENDS AND FAMILY SPONSOR ME?
Share <https://bit.ly/lmbb2020> with them. It's easy, quick and secure.

WHEN CAN I START?
You can start as soon as you wish. Follow the instructions on page 17
before you begin though.

WHEN DO I FINISH?
The end date is the 13th June when we will be doing a live digital finish
line!



How to decide your boundary pledge



Your miles = Your donation

£10 raised for every mile you do

Think you can help us cover ONE mile worth of border walking around your garden? That's £10 to Lancashire Mind, creating ways of delivering better mental health for all.

We appreciate not everyone can raise/donate £10 per mile and so we are grateful for whatever you can afford.

Donation & Sponsorship

£4170 is the target and we know, together, we can do it.

Making your donation or asking friends and family to sponsor you couldn't be easier.

Simply use the link below:

<https://bit.ly/lmbb2020>

Family and friends can donate via this page as well as donating on a page fundraisers set up individually.

Using Just Giving is simple, easy and secure.



DONATE NOW WITH
JustGiving™

Introducing the Lancashire Mind Colleague Boundary Breakers!



Sharon

I have chosen to take part in Breaking Boundaries as I have experience of post-natal depression as a young mum and later in life dealing with anxiety on a daily basis. Getting out in the fresh air, whether it is walking the dogs, running or open water swimming is my way of managing my feelings. It grounds me and gives me time to clear my head and stay calm, you could say it is my therapy.

I am proud to work for Lancashire Mind and I hope that talking about my mental health experiences I can inspire and help others to see it is possible to achieve or manage their own Mental Health and Wellbeing.



Amy

The Breaking Boundaries Challenge encompasses all of the 'Five Ways to Wellbeing' for me, not just **being active**. It will help me to feel more **connected** to my fellow colleagues and supporters of Lancashire Mind who are involved in this challenge during this time where it can be difficult to feel close to people you can't see in person. While I am in nature walking or running, I will ensure that I **take notice** of the sights, sounds and smells of nature and how my body feels during and afterwards. I will **keep learning** how much I can push my body and when to call it a day. And I am honoured to be able to **give** my time and energy to a good cause and what I give I know I will be getting back ten fold for my own mental and physical health.

I live with anxiety and depression but staying active and feeling part of something that can help others really helps me to stay well.

Introducing the Lancashire Mind Colleague Boundary Breakers!



Emma

I have chosen to take part in the Breaking Boundaries Challenge because I have battled with anxiety for many years and I want help others who live with the condition, or any mental health condition, to feel supported and understood without judgement. I want anyone who feels alone or lost, as I have done at points in my life, to know that they matter and that people really do care.

As a volunteer for Lancashire Mind for three years, before I came to work here, I was able to see first hand the passion and dedication of everyone in the organisation and their drive to achieve wellbeing for all.

For me, being active and taking some time to reflect and take notice helps me to manage my anxiety. This challenge will be an opportunity for me to raise funds for a charity doing amazing things for mental health and wellbeing in Lancashire whilst also helping me with my mental health condition.



Bryony

I have chosen to take part in the Breaking Boundaries Challenge because I have found exercise and being outside helps me to better self-manage my mental health and wellbeing. I also want to support others who may be living with a mental health condition or struggling to reach out and ask for help.

I started working with Lancashire Mind initially as a volunteer before I started in my role as part of the Wellbeing Coaching team. The Charity will always be a big part of my life as I know how much the team here have a passion for helping everyone to achieve mental wellbeing!

I look forward to taking part in the challenge and raising money for the charity to continue doing the things they do whilst also helping to look after my own health too.

How do we spread the word of 'mental wellbeing for all'?



answer: all of the above

Facebook Community Group

Join us at ‘Lancashire Mind’s Breaking Boundaries 2020’ Facebook group to help build a community space for this event.



There we will share updates, stories and people's progress.

Remember to share your progress on your timeline as well as requesting donations via the Just Giving page link below.



#BB2020

#LancashireMind

Just Giving = <https://bit.ly/lmbb2020>

Instagram Tags and Stories

Why not share your progress on Instagram.

Simply tag us with the hashtags below or even create your own story in the Instagram Stories tool.

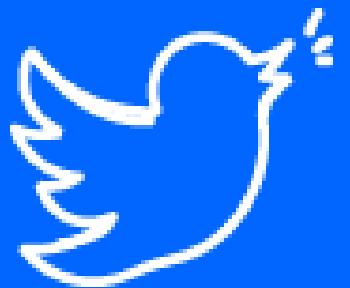


#BB2020

#LancashireMind

Just Giving = <https://bit.ly/lmbb2020>





Twitter

Share your progress on Twitter, whether simply a daily update on how you're feeling, donation requests or a photo of you breaking those boundaries!



#BB2020

#LancashireMind

Just Giving = <https://bit.ly/lmbb2020>

Want to make it personal to your journey?

Create your own vest card

A customisable vest card is available in the Facebook community page for Breaking Boundaries 2020 (see page 15 for more details).

We know we need to get better at talking about it, so why not add a word that means something to you, to speak up for all things mental health?

Such as anxiety, BPD, grief, suicide, hope, compassion etc.



The digital finish line



Locked down doesn't
have to mean locked up

We want to celebrate the success by declaring an end date and time. This means we can schedule an epic Zoom call* and everyone can share in the final moments of our achievement!

*Zoom call is optional



Motivation station!

We'll have Lancashire Mind colleagues taking part who will be there too as well as a master MC making sure you have all the motivation you need to cross that digital finish line!



Say cheese!

If a digital finish line sounds right up your street look out for the details on the community Facebook group page (see page 14) where we'll give you plenty of notice to get photo-ready.

We'll be recording the finish line so you can share on social media to your heart's content.

How to get started today...

Follow the steps below and start breaking those boundaries!

- 1 Decide on your number of miles, your pace and where you will do the challenge (see page 9)
- 2 Join the Facebook community group (see page 15)
- 3 Donate your number of miles in £'s on our Just Giving page or start your own and link it to ours (that way you can get friends, family and followers to add to your donation too! – See page 11)
- 4 Share on social media that you are taking part and tag us with #BreakingBoundaries2020 and #LancashireMind and we'll then give you a warm welcome
- 5 Create your own vest card (see page 18)
- 6 Get started! Congrats! You're now a Lancashire Mind Boundary Breaker!
- 7 Keep an eye out on the Facebook group page for details on the finish line event! (see page 19)

Let's do this...





Thank you

Lancashire Mind is a registered charity in
England and Wales (number 1081427)
80-82 Devonshire Road, Chorley, Lancs, PR7 2DR.