

Mental Elf Lancashire to Lapland

Mental Elf 2020: The Lancashire Mind to Lapland Challenge

Calling all Lancashire Mind elves....



If you are reading this it is because we want your school and students to be a part of the Mental Elf 2020 team. Join Lancashire Mind's wellbeing revolution and help us to achieve our vision of mental wellbeing for all!

Are you looking for a fun activity which will bring the school community together?

Would you like your children and young people to learn more about wellbeing and mental health?

Do you want to celebrate the festive season whilst also teaching the importance of giving to help others?

This Christmas Lancashire Mind have set ourselves the biggest fundraising challenge in our charity's history but with your school's help we know we can do it! Can you help us to travel 3226 virtual kms- taking us from south Lancashire all the way to Lapland and raising much needed funds and awareness for better mental health across Lancashire!

Challenge Inspiration

There are lots of fun and challenging ways you can complete Mental Elf 2020 and here are just a few suggestions from us.

- Set yourselves a class or whole school daily kms target
- Set yourself a km target based on a distance of meaning to you e.g. years since the school opened, combined age of a class, number of students in your school (every student's mental wellbeing matters).
- Compete in classes and create a fun interschool competition to see who can cover the most kms or who can complete their target in the quickest time.
- Set up a Just Giving page and ask supporters for a £1, £5 or £10 donation for every km your students complete

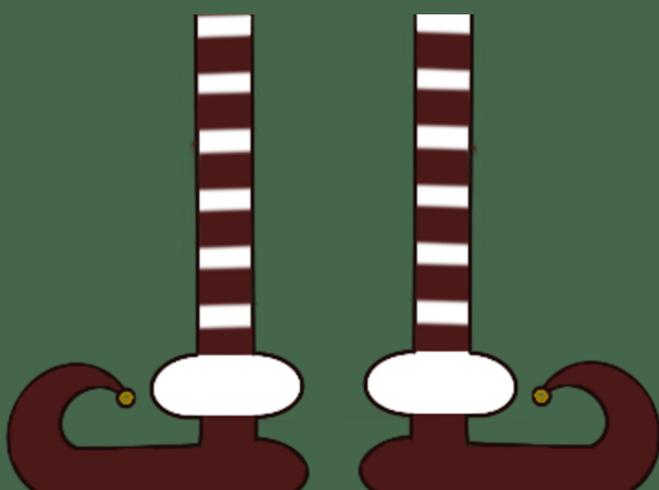
The Challenge

When: Tuesday 1st December to Saturday 12th December.

Where: Students (our Lancashire Mind elves) can choose to take part in the challenge anywhere in Lancashire. One of the best things about this year's event is that our Lancashire Mind elves will be taking part in locations of their choice across the county- spreading our message far and wide.

How: Your students can choose to walk, run, cycle or skip any distance you like. Working as a team you can decide on the distance you want to travel as Lancashire Mind elves and every step your students take will be added to our total helping us to reach that mega distance of 3226 kms. You can choose to run the challenge over an afternoon or perhaps a series of lunchbreaks throughout the 12 days or during PE lessons. Whatever way you choose, each km your elves cover will count towards our miles total bringing us closer to Lapland!

Entry: The cost for schools to sign up is free but we do ask that students give a minimum donation of £3 to take part in the challenge.



What next

When you sign up your school will be sent a participant pack, which will include branded wristbands, vest cards and wellbeing posters for each student taking part, and staff will be given access to our closed Facebook group only open to those taking part in the challenge. This will be the heart of our festive fundraising community. Here you'll meet the Lancashire Mind team, all the other elves taking part, enjoy festive warm ups, music, games, competitions and so much more!

All you need to do to sign up is email Emma Bateson emmabateson@lancashiremind.org.uk

Emma will also be happy to help with any questions you may have or provide any further information about the challenge.



Mental Elf²⁰²⁰

Lancashire to Lapland

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Fundraising

Since April 2020 we have significant income through fundraising. A huge blow for a local, independent charity whose services are needed more than ever.

By signing up for this challenge your school is already helping to support us at this difficult time but if you can please do consider doing more by raising funds for us throughout the challenge- asking family, friends and colleagues to sponsor your team.

We can help you set up your fundraising and give you tips and advice to maximise your efforts via our supportive and encouraging team.

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Who are we and how we help

Lancashire Mind's vision is Mental Wellbeing for All

We're an independent charity, based in Chorley and working for the people of Lancashire. Our committed and energetic team of staff, trustees and volunteers are passionate about making a difference to the mental health of people living and working in Lancashire.

We aim to increase awareness and understanding of mental health and wellbeing across Lancashire. We work with all ages to help people build resilience and understand how to look after their mental health. We offer support to people who are facing barriers to achieving mental wellbeing and help people experiencing a mental health condition to get back on track.

CYP Projects Team; supporting children and young people to understand their mental health and build resilience

Community Development: working with communities to improve mental wellbeing and reduce discrimination

Tenancy Management: providing a stable home and supporting people to move towards independent living

Training & Workplaces; providing a range of interventions to increase knowledge and understanding of mental health

Wellbeing Coaching: supporting people to address barriers to mental wellbeing and develop self-care strategies

Last year, we worked directly with over 12,000 children and adults in Lancashire and reached thousands more through phone calls, emails and on social media.

Here are some of the ways in which we made a difference:

3,010 - the number of children we engaged to increase their understanding of mental health and the ways in which they can improve their wellbeing

842 - the number of children and adults at risk of developing a mental health condition who we supported to understand their mental health and to develop self-care strategies. On average, the people who accessed our services showed a 30% improvement in their mental wellbeing

1,159 - the number of children we worked with to build their resilience and improve their wellbeing, with an average improvement in resilience and wellbeing of 57%

65 - the number of people we provided a stable home to and started them on their journey towards returning to independent living

182 - the number of students we empowered to improve wellbeing for themselves and their school community by designing a wellbeing project, with a further 1,674 children benefitting from the projects created

1,016 - the number of local employees who benefitted from attending a Lancashire Mind training course in their workplace

3,500 - the number of people we helped to get the right support by signposting them to local and national organisation



For more information about Mental Elf please contact emmabateson@lancashiremind.org.uk