

Breaking Boundaries

2021



Lancashire

Be part of the
Wellbeing Revolution

Breaking Boundaries

2021

Breaking Boundaries launched in 2021 and was created out of a desire to:

- spread the word about better mental health for all
- celebrate Lancashire
- encourage people to get active during lockdown whilst raising a few quid.

Fast forward 12 months and it's back! We may be coming out of lockdown, but the struggles and challenges people face and the impact those continue to have on our mental health grows.

Now more than ever Lancashire Mind needs your help to help ensure that people in Lancashire feel able to talk about their mental health, ask for help when they need it and know where to access the support they need.

That's why we are **Breaking Boundaries** once more by covering the palatine boundary of Lancashire.

Last year we challenged you to travel the boundary once: 417 miles. This year we want to cover the boundary four times - everyone has mental health and as a charity we are here for the **4 in 4** as well as the **1 in 4** who live with a mental health condition.

We are doing this for everyone as everyone in Lancashire deserves to have good mental health.

You are now a part of the wellbeing revolution: breaking the boundaries when it comes to supporting better mental health.

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The History

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.

The Challenge

Cover 1,668 miles in two weeks starting Monday 10th May 2021 and finishing Sunday 23rd May 2021. During this time, we will collectively aim to cover the boundary 4 times, as a group. A total distance of 1,668 miles

As part of the challenge, we are setting ourselves a fundraising target of £4,444.



Fundraising donations mean:

More people in Lancashire will have access to wellbeing

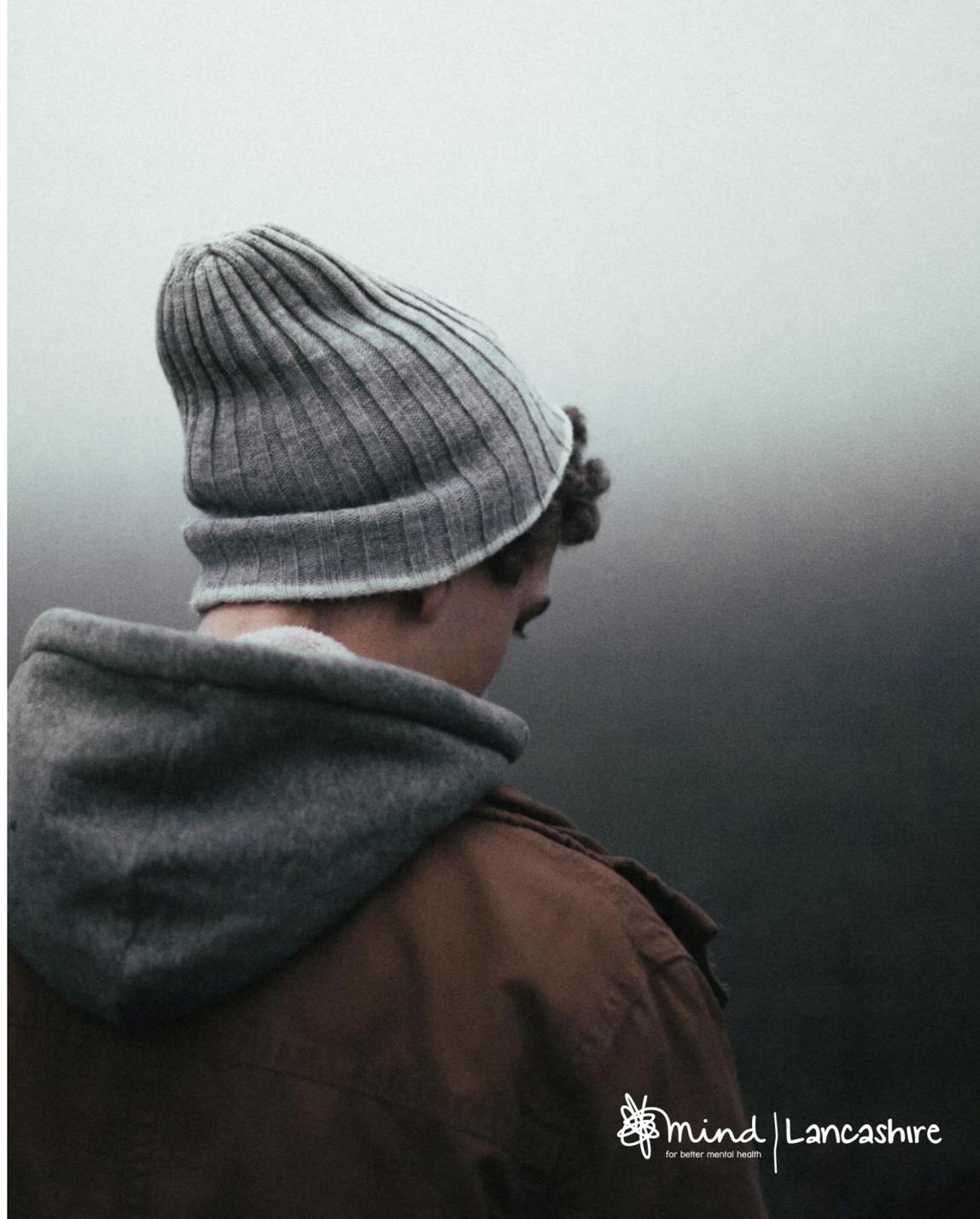
More children will learn about how to care for their mental health

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

And so much more.....



What do they say?

As well as supporting people across Lancashire through this challenge you will also have a great time and feel a boost to your own wellbeing. Don't take our word for it. Here are some comments from 2020 Breaking Boundaries participants.

“Thank you for organising such a fantastic challenge and fundraiser. As well as raising lots of money for our amazing charity it's also really benefitted my wellbeing these last couple of weeks - I hope this has been the same for us all.”

“Last lot of miles from me yesterday, I don't think I'll manage much today! Have loved walking more for this challenge 😊”

“This challenge gave me an opportunity to do something fun with colleagues alongside meeting new people. I loved being part of a supportive community of people passionate about mental health and wellbeing.”

The Fundraising Challenge of the Year!

THE CHALLENGE TOTAL

1,668 miles

THE TOTAL EVENT TARGET

£4,444

THE PACE

Walk, hop, skip, run or whatever you feel comfortable with

THE LOCATION

You decide – your driveway, garden, daily walking route

HOW MANY MILES WILL YOU DO TO HELP BREAK THE BOUNDARY?

You decide – set your own target

WHEN

The challenge starts on the first day of Mental Health Awareness Week Monday 10th May and will run until Saturday 22nd May.

WHERE

Join the closed Facebook community and update your miles to be added to the total through sharing posts and updates. You can also email your mile totals daily or at the end of the challenge through the Facebook group or email emmabateson@lancashiremind.org.uk



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 mind | Lancashire
for better mental health

Sign up Details

This year we have created two sign-up options to suit everyone and help support our vital fundraising.

Option One: Sign up for free via the website and gain entry into the closed Facebook group.

Option Two: Sign up for £10 and you will receive: a Breaking Boundaries medal on completing the challenge

Option Three: Sign up for £18 and you will receive a Breaking Boundaries medal and Lancashire Mind t-shirt.

Your £10 or £18 sign up also includes a donation to Lancashire Mind as part of the challenge.



How to decide your boundary pledge



Your miles = Your donation

The amount of miles you want to challenge yourself to equals the minimum amount of pounds donated.

Think you can help us cover 10 miles worth of border?
That's £10 to Lancashire Mind - creating ways of delivering better mental health for all.

Facebook Community Group

Join us at 'Lancashire Mind's Breaking Boundaries 2021' Facebook group to help build a community space for this event.

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

You can update your miles via daily posts in the group or with a total at the end of the challenge. You can also send your mile totals to emmabateson@lancashiremind.org.uk

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



#BreakingBoundaries2021

#LancashireMind

[justgiving.com/lancashiremind](https://www.justgiving.com/lancashiremind)

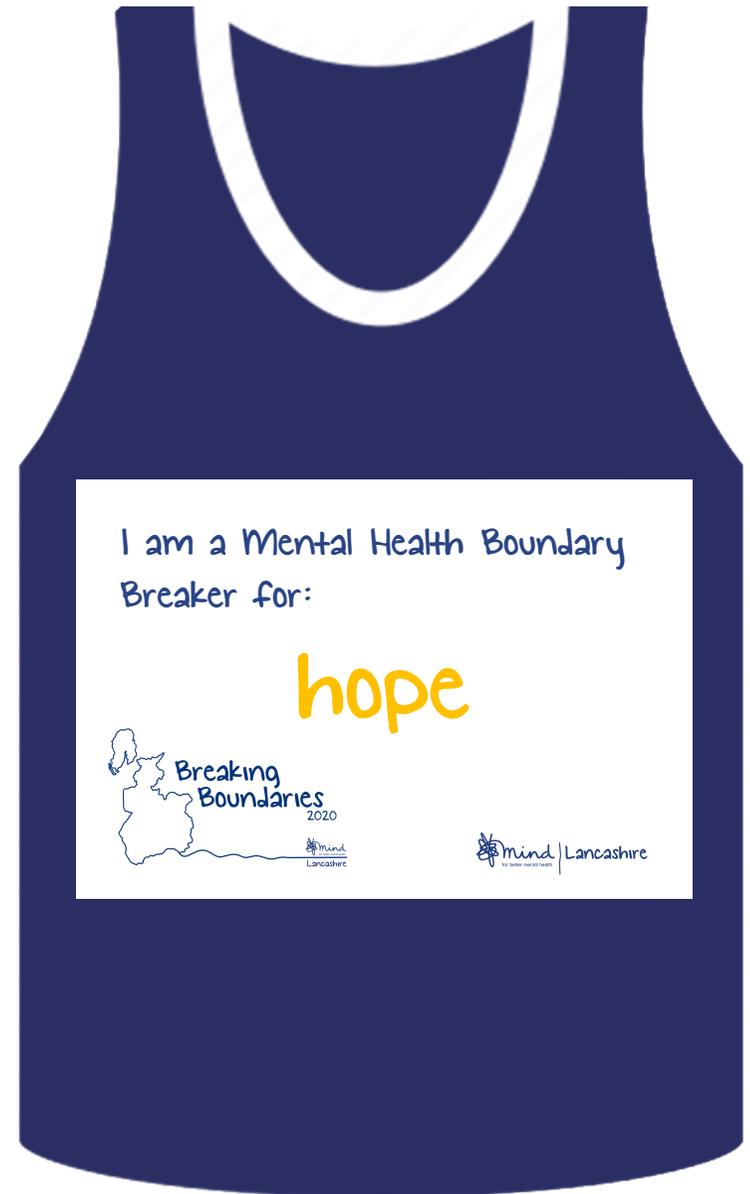
Want to make it personal to your journey?

Create your own vest card

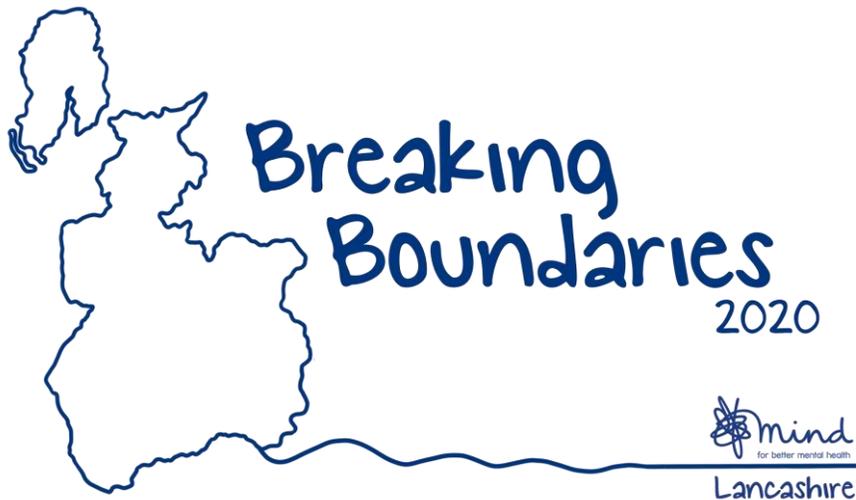
A customisable vest card is available in this pack.

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?

This could be anxiety, BPD, grief, suicide, hope or compassion.



I am a Lancashire Mind Boundary
Breaker for:



Share your progress and share our cause:
#BreakingBoundaries2021
#LancashireMind



The virtual finish line

We will be creating a virtual finish line experience for all our participants. Although we can't yet have a finish line in person we will ensure that we can celebrate the end of the challenge and all our achievements together.

Look out in the closed Facebook group for full details.



Breaking Boundaries Corporate Champion

This year we are introducing the Corporate Champion challenge and asking businesses across Lancashire to come together and take part in the challenge - encouraging connection, teamwork and getting active whilst also having lots of fun.

We will be creating a corporate league table and sharing updates throughout the challenge. The corporate team with the most miles covered per person will be given the very first **Breaking Boundaries Corporate Champion** title and win a prize for all the team to enjoy.

The size of your team doesn't matter as your miles will be calculated per person taking part for example:

If 10 people cover 10 miles that will count as 1 mile per person

If 20 people cover 10 miles that will count as 0.5 miles per person

Everyone on your team, up to 20 people, will receive a Lancashire Mind wristband for the challenge.

You can sign up for the challenge via our website – www.lancashiremind.org.uk

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
- 2 Sign up via the website and join the Facebook community group
- 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!)
- 4 Share on social media that you are taking part and tag us with #BreakingBoundaries2021 and #LancashireMind and we'll then give you a warm welcome
- 5 Create your own vest card
- 6 Get started!
- 7 Keep an eye out on the Facebook group page for details on the finish line event! (see page 16)

Let's do this...





 mind Lancashire
for better mental health

Thank you

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