

Host your own

Cake & Conversation

to help share awareness and hope



Talking is good for your mental health and cake tastes good too!

When it comes to our wellbeing, connecting with others make a difference. Evidence shows that good relations with friends, family, colleagues and the wider community are important for our mental wellbeing.



Building social connections has never been so important. Mental health problems can affect anyone and at any time so having a strong support network can provide emotional support for both yourself and others.



Your Cake and Conversation could help us create mentally healthy communities. It would help others to take a break from their usual routine for cake and a good natter.



It also helps us to spread the word about the support that that is available for those that need help with their mental health.



And by raising money for Woking Mind, you will be helping more people with mental health problems get the support they need and the respect they deserve.

Top tips for your Cake & Conversation



Decide on a date and time.



Who are you going to invite? You could hold a few Cake and Conversation meet-ups for – one with friends, one with colleagues and one with people on your community!



Spread the word – download one of our posters, spread the word on your social media sites, add it to your email signature at work.



Create a fundraising page so even if people can't attend your event, they can still donate –

www.virginmoneygiving.com/charities/wokingmind



Ask colleagues, friends and family to bake something for the event – you could even sell other goodies to raise extra funds,



Keep it informal - it might be easier to get people talking if the chairs are arranged in small clusters and you could put on some light music in the background.



Decorate the room with our Cake & Conversation bunting and keep some of our sponsorship forms at hand.



Finally, enjoy your event. You may decide to talk about mental health or not at all, the focus is on raising awareness and getting people talking to each other!

Download our resources at the end of this pack

Join us for

Cake & Conversation

Where

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When

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Contact

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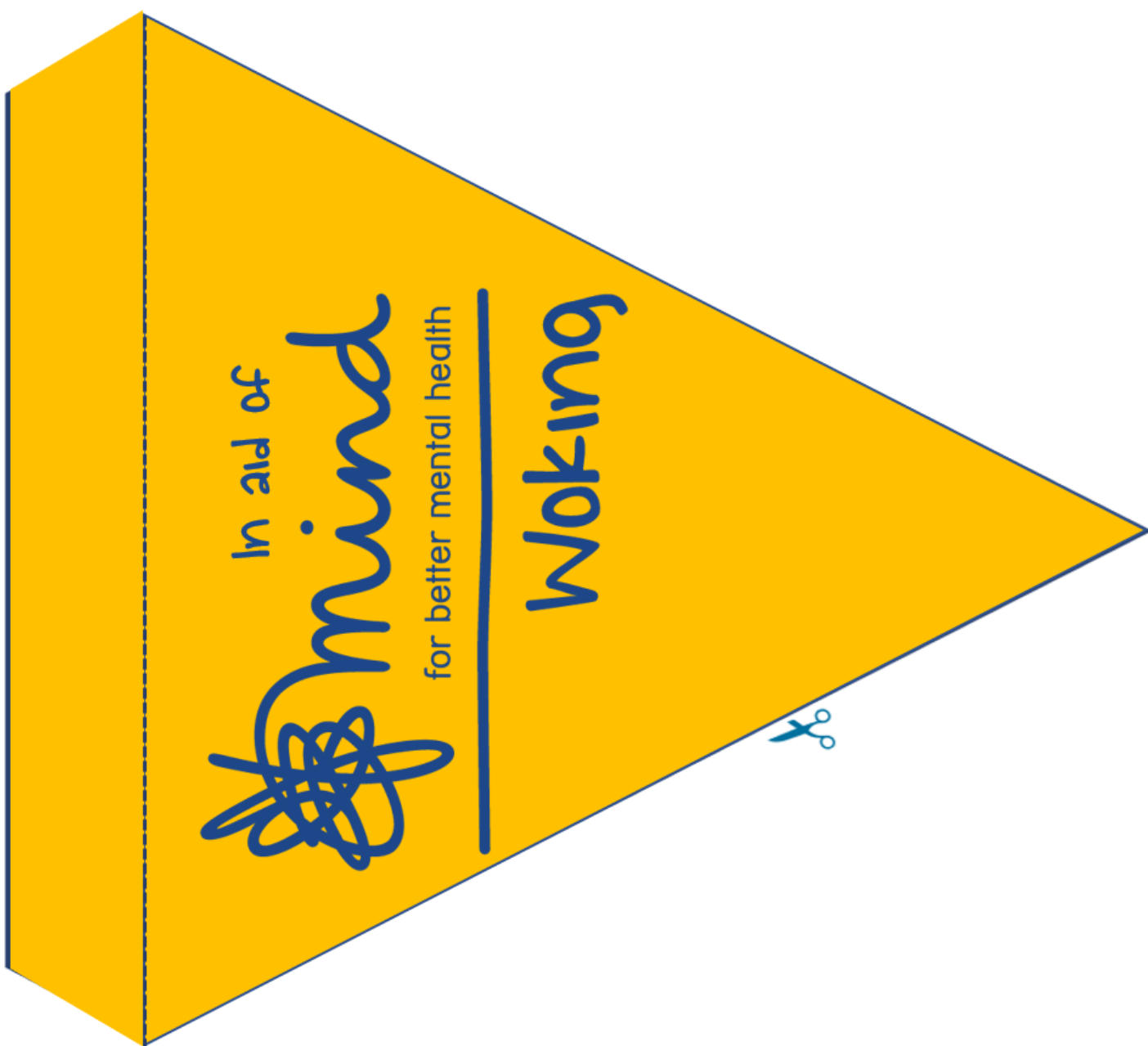
We are holding a cake party to raise funds for Woking Mind to help them deliver vital support to those struggling with their mental health.

www.wokingmind.org.uk

Make your own Bunting



1. Print out the bunting templates in colour and cut out
2. Fold the top half over string or ribbon and fix with Sellotape or glue
3. Alternate the yellow with the blue flags
4. Hang up at your event to raise awareness!



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Sponsorship Form

My Details

Full Name

Address

..... Postcode

Phone.....Email

What I'm doing & my fundraising target

By choosing to *giftaid it* For every donation of **£10** We can claim **25%** from HMRC We will receive **£12.50** 

Full Name (first name & surname)	Home Address	Postcode	Gift Aid?*	Donation £	Date paid	Hear more from Woking Mind**
Example: Joe Bloggs	My house, my street, my town	GU21 5HQ	✓	£20.00	08.01.19	✓

* If I have ticked the box headed 'Gift Aid,' I confirm that I am a UK taxpayer and would like Woking Mind to reclaim the tax on all donations I have made in the last four years and all future gifts of money that I make to be Gift Aid donations. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

**Help us to end the stigma surround mental health and make sure no one has to face a mental health problem alone. Tick the box headed 'Hear more from Woking Mind' so we can keep in touch and let you know about our latest campaigns.

Full Name (first name & surname)	Home Address	Postcode	Gift Aid?*	Donation £	Date paid	Hear more from Woking Mind**
Example: Joe Bloggs	My house, my street, my town	GU21 5HQ	✓	£20.00	08.01.19	✓
Total Donations				£		

Feel free to photocopy this page if you need any more.

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Banking your donations

Cheque

This should be made payable to **'Woking Mind'** and then posted to us at the following address:

Woking Mind
2 Courtenay Road
Woking
GU21 5HQ

BACS transfer or cash deposits

Please use the reference below when paying in donations or making BACS transfer, as this will help us track the funds you raise. **'DONATION_NAME'**

Please also let us know that a payment has been made.

You may also drop off cash donations in person to our office from Monday – Wednesday 10am-2pm.

Please do not post cash to us.

Account name: **Woking Mind**;
Account Number: **69154002**; Sort code: **09-01-53**

Fundraising page

We recommend using Virgin Money Giving to receive donations. You can find the Woking Mind page at:

www.virginmoneygiving.com/charities/wokingmind

Just visit the website, follow the instructions to 'start fundraising' and create your own page. Remember to include a reference to your organisation in your URL.

Please let us know when you set up a page so we can look out for it.



Making the most of your fundraising page

Make it personal – Tell people why you are raising money for Mind. Tell your story and add a photo of yourself. Set your fundraising target and keep it up-to-date with your offline donations.

Don't be shy – Email everyone in your address book with a link to your page and get them to forward the email to their contacts. Don't be afraid to ask, ask and ask again! People with good intentions can often be forgetful, so remind them by sending your link more than once.

Share – Post your link on Facebook and Twitter. Add a link to your fundraising page on your email signature and your company intranet.

Keep going – Remember to keep raising money after your event. Add photos, updates and achievements to your page.

Say thank you – Write a personal thank you that will automatically send to everyone who sponsors you.

Thank you

Those who access our services are often in desperate need of a non-judgemental safe place where they can enjoy social contact as well as take part in personal developmental activities and groups. We need to fundraise £95,000 a year to be able to deliver these services so your support means a lot to us.

Thank you once again for your support

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Thank you from the Woking Mind team



Tony Bennett
(Chief Executive)



Mandy Dhingra
(Marketing &
Fundraising Manager)



Jill Bishop
(Services Manager)



Emma Martin
(Member Care
Manager)

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GU21 5HQ

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Support: 07850 340 739
info@wokingmind.org.uk
www.wokingmind.org.uk

 @Wokingmind
 @Wokingmind

Woking Mind is a registered charity (no. 1096503)
and a registered company (no. 4570329).

 mind
for better mental health

Woking