

**Improving mental health
in Chester and Cheshire West
since 1991.**

Make someone smile

Fundraise for
Chapter
positive about mental health

Chapter (West Cheshire) Ltd | Registered Charity no: 1072395
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**At any one time,
1 in 4 people
experience mental
ill-health.**

The chances are that either you or someone very close to you has struggled with mental ill-health in some way.

There are an estimated 3,000 people living with a severe and enduring mental illness in Chester and Cheshire West today.

Since 1991, Chapter has already supported 2,500 local people.

We want to reach more, but we need your help.

Chapter
positive about mental health

Ways you can fundraise



Push yourself

Fancy running the Chester marathon? Swimming the Water Park in Northwich? Cycling from Liverpool to Chester or vice versa? Get in touch!

Be a volunteer fundraiser

Supermarket bucket collections and bag packs are easy and fun ways to raise money for us, but there are hundreds of ways to do it.

Julie (pictured) raised £400 by selling Easter Eggs donated by Debenhams!



Staff fundraising

Local businesses make a huge difference by getting together as a staff team and raising funds for us.

Here are the staff at Starbucks on Sealand Road wearing their onesies to work and asking for customer donations!



**Because we are a small charity,
your fundraising will make a big
difference.**

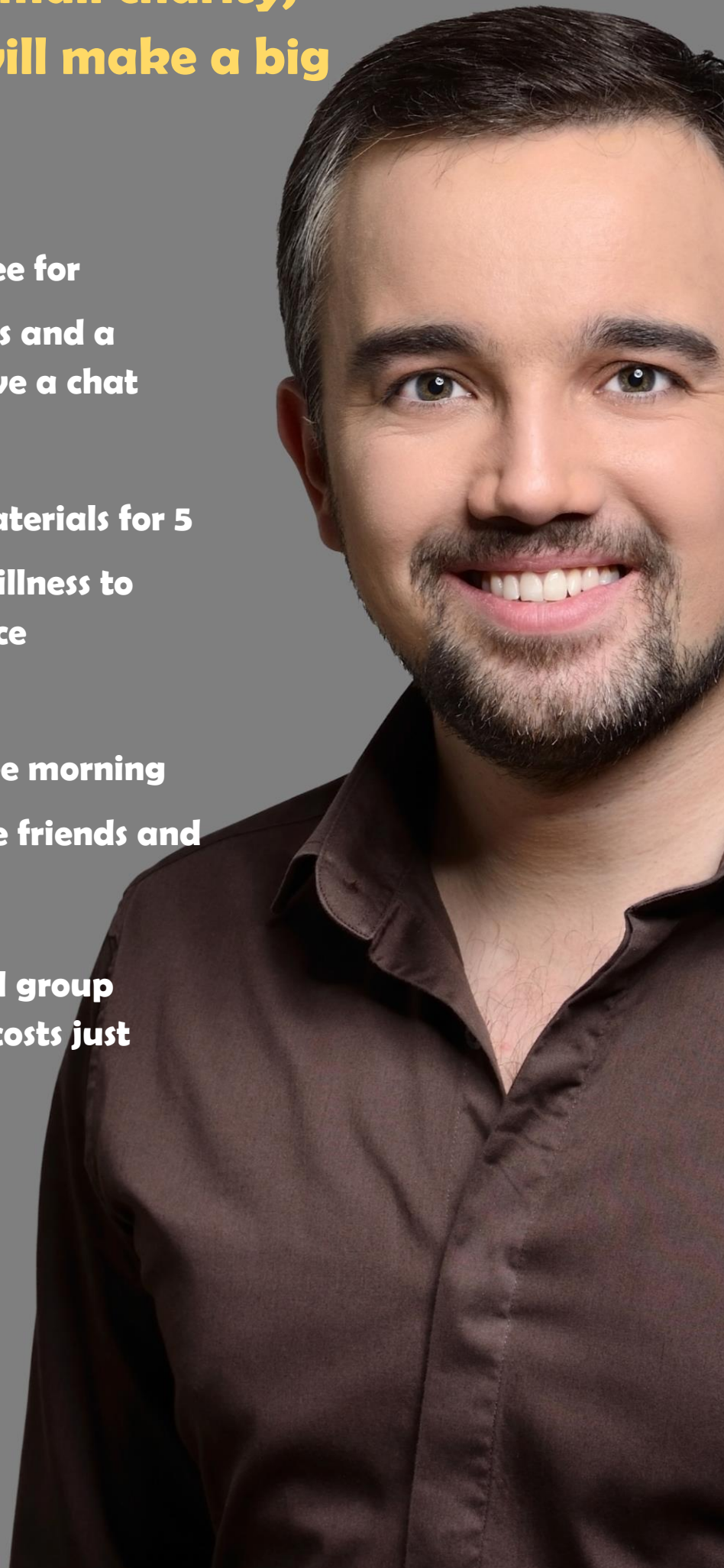
£5 buys two cups of coffee for
someone with mental illness and a
Chapter Key Worker to have a chat

£15 buys arts & crafts materials for 5
people with severe mental illness to
relax and grow in confidence

£50 will pay for a coffee morning
so 12 service users can make friends and
improve their social skills

**One-to-one support and all group
activities for a whole year costs just**

£502 per person



Andrew's story

Andrew, a student at the University of Chester, helped to raise an incredible £1,380.69 for Chapter with the Mixed Martial Arts (MMA) Club at University of Chester.

Why did you choose to fundraise for Chapter?

Everyone in the group had had some experience with mental ill health, whether themselves, friends or close family members.

We also wanted to find a small, local charity where funds we raised would actually **make a difference**.

What was it your experience of fundraising for Chapter?

Chapter was much more **responsive** than other charities, and we got the sense that **we mattered**, that we weren't just figures towards targets.

Chapter could tell us what the money we raised would go towards. That made a huge difference because we could see that even a small amount of money raised would really **help people**. For example, we raised enough to pay for six weeks of healthy cooking classes for people with mental illness. That was a brilliant area for money to be put towards, because we're big believers that physical and mental health go hand-in-hand.

What did you do for Chapter?

During the year, the Club carried out:

- A bucket collection in Chester
- A sponsored Santa Walk around the city
- A sponsored rowathon (rowing the length of England in one day)
- An MMA grappling competition
- A sponsored sport swap (we swapped with Pole Fitness!)
- The Chester Half-Marathon

In total we raised more than **£1,300**, which was amazing.



Andrew and Leah from the University's MMA Club

Did anything else come from the experience?

I won the UCV Gold Volunteering award with the University! The MMA Club were nominated for an award with the Student Union for best members' club, and I was nominated as Sports Personality of the Year with the SU for building links with other clubs.

Chapter was our chosen Charity of the Year, but the experience with them was so good that we've already decided to put them forward for anything again next year.

We were prepared to go above and beyond for Chapter, because we felt that they were prepared to go above and beyond for us.

Joanne has a mental illness.

When she came to Chapter, she had no confidence, found it hard to leave her house, and often had suicidal thoughts.

Thanks to Chapter, she now has friends, new skills and interests, and has the confidence to work again.

Her mental illness will always be there, but it no longer holds Joanne back from achieving his goals.



For the first time in years,
Joanne feels hope for the future.

“Chapter saved my life”

**By fundraising for us, you’re
empowering more local people
like Joanne to become more
than their mental illness.**

Thank you.

Visit our website to find out more about the support we offer:

chapterwestcheshire.org



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