Let’s talk...
Charity Partnership
coop.co.uk/charitypartnership
Mental Wellbeing, let’s talk about it

One in four of us will experience a mental health problem in any given year, yet it is unseen and unheard. You may not even recognise somebody close to you struggling with their mental health.

Co-op is working in partnership with charities Mind, SAMH and Inspire to bring communities together to build resilience around mental wellbeing.

As colleagues we want you to support this new partnership through fundraising in your local communities.

Let’s talk fundraising tips

Talk about your event with colleagues, friends and family - word of mouth is simple, free and very effective.

If you have them, use your community notice boards to display posters, see if you can do the same in local shops, pubs and restaurants.

Contact the Co-op PR team to promote in local media.

Photography, if you are taking photos, remember you will need anyone in the photos to sign a photo permission form, these can be found on How Do I.

Join forces across The Co-op - don’t be afraid to get your colleagues, friends, or family involved. You could raise even more money!

Consider setting up a fundraising group to generate ideas, assign tasks and agree how the funds raised will be shared to meet your fundraising target at the outset.

Choose something fun or that you are passionate about, and will appeal to lots of your colleagues. It will make the whole process easier and make you happier in the long run!

Wherever possible try to get things for free - can you get free room hire or free prizes?

Use social media to generate interest, keep up to date with what is happening, and share your fundraising stories and ideas.

We’ve set up a dedicated partnership hotline to provide extra support for your fundraising. Please do not contact your local Mind.

Let’s talk... If you need more fundraising advice or materials, please get in touch with our partnership hotline on 0203 995 6188 or email coop@mind.org.uk

Please allow 3 working days for your materials to arrive.

About our partners;

At Mind, we provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We also have a network of local Mind’s delivering life changing services in your communities. We won’t give up until everyone with a mental health problem gets both support and respect.

0300 123 3393
Lines open: 9am to 6pm, Monday to Friday.
mind.org.uk
Mind offer support in England & Wales

At SAMH we’re SAMH and we’ve represented the voice of people most affected by mental health issues in Scotland for more than 90 years. We provide person centred services across Scotland which are based on the ethos of recovery. This includes; social care support, homelessness, addictions and employment services, among many others.

0141 530 1000
Lines open: 9am to 5pm, Monday to Friday.
samh.org.uk
SAMH offer support in Scotland

At Inspire we support people with experience of mental ill health and their families to find and maintain a sense of hope, establish a positive identity and realise their full potential to build a meaningful life. We provide a range of recovery focused services in local communities across Northern Ireland including Day Support, Independent Living Accommodation, Floating Support and Advocacy Service.

028 9032 8474
Lines open: 9am to 6pm, Monday to Friday.
inspirewellbeing.org
Inspire offer support in Northern Ireland
Let’s talk Fundraising

We’re helping communities come together to improve mental wellbeing.

We’ve put together a few fundraising ideas to get you started.

Happy Monday
Start your week with a smile and hold a fundraising get-together with your colleagues. Hold a bake sale to brighten up Monday, wear bright clothes and ask everyone to donate.

Tea & Talk!
Organise your own tea and talk day bringing together colleagues and customers, family and friends.

Connect to a Colleague
Could you be attached to somebody for an hour - or even a whole day? Get sponsored to be tied to a colleague - the longer you last - the more you raise!

Take on a Challenge
Take on a trek, run, swim or cycle for one of our charity partners! Get in touch with the partnership hotline on 0203 995 6188 for more details.

Team Raffle
Ask colleagues and businesses in your community to donate some fab prizes and organise a raffle in store with customers. Go to How Do I for more detail on how to run a raffle.

Guess the...
Whether it’s sweets in a jar, name of a teddy or another creative game of your choosing, why not get customers involved in this fundraising staple and raise funds for our charity partners.

Dates for your calendar:
World Mental Health Day 10th October 2019
Time to Talk Day 6th February 2020
Mental Health Awareness Week 16th-22nd May 2020
Fundraising and the law

Everything you do when you are raising money for charities needs to be both legal and safe. To put your mind at rest, please read the important information below.

Lotteries and raffles
There are strict and complex laws relating to raffles, lotteries and betting. There are also legal requirements regarding prizes, the cost of running a raffle or lottery and the way they’re organised.

Some events that you might not think of as lotteries or betting are covered by lottery and betting laws.

The following guidelines relating to small lotteries are probably the most relevant to your fundraising, but do give us a call if you’re not sure and we’ll be happy to help.

Small lotteries
Where a lottery or raffle is part of a social event e.g. a dinner, quiz night or fête, then different provisions apply (no formal license or authorisation is necessary):

- Maximum of £250 can be spent on prizes.
- Donated prizes can be of any value but no prize can be given to, or to, anyone under 16.
- The tickets must be sold and results announced during the function.

Licences and insurance
Please check if your event needs a license. You will need a local authority licence for street collections unless the land is privately owned, in which case ask the owner’s permission. If it’s your local Co-op Store ask the store manager.

You will need to fill in a risk assessment for any event that you hold, examples of these can be found at How do I, just search for fundraising.

Entertainment
If you are planning on having any form of entertainment (music and dancing) at a venue that does not have a Public Entertainment Licence, you will need to get one from your local authority (licences are free for events with charitable purposes).

Food and drink
If you are providing food at your event, every person involved in the preparation and serving must have a basic understanding of food hygiene and allergens must be advertised. For more details, see How do I and search fundraising.

You can also make the donation via www.mind.org.uk/ coop

Useful websites:
institute-of-fundraising.org.uk
gamblingcommission.gov.uk
food.gov.uk

How to Bank your Money

Co-op Food Store
If you are fundraising with your store, you will need to submit cash to the ‘Charity of the Year’ through the till system in store. For further details on the process, visit How Do I and search fundraising.

Co-op Funeralcare
Branches should bank fundraised cash as normal and record this in Rainbow under ‘OTHERS / OTHERS’. Please include ‘Charity Partnership’ in the description to ensure this is recognised as a donation to MIND, SAMH and Inspire NI partnership.

Co-operative Legal Services, General Insurance and Support Centre
To bank your fundraised money contact charitypartnership@coop.co.uk there will be a weekly drop off time for colleagues in 1AS and Miller St.

Other ways of donating money raised Online
You can set up an online giving page aligned to the campaign to support mental wellbeing with Just Giving. All of the money raised via online fundraising websites (including the Gift Aid) will be paid directly to our partners. For a step by step guide please contact our partnership hotline 0203 995 6188

Bank cheques should be made payable to Co-op Partnerships Team Mind, 15-19 Broadway, Stratford, London E15 4BQ

You can also make the donation via www.mind.org.uk/ coop
One in four people will experience a mental health problem in any one year. That’s every family, every workplace and every friendship circle. It’s approximately 14 million people in the UK.

This is why we are working in partnership with Mind, SAMH and Inspire NI to bring communities together to improve mental wellbeing.

If you need support or know someone that does, you can get help today.

Call Lifeworks for support anywhere on our Confidential 24/7 Employee Assistance Programme on 0800 069 8854

Contact Mind for support in England and Wales on 0300 123 3393, Text: 86463 or email info@mind.org.uk

Call SAMH for support in Scotland on 0141 530 1000

Call Inspire for support in NI on 0289 032 8474

Call Samaritans for support anywhere 24/7 on 116 123 or email jo@samaritans.org

Text SHOUT for support anywhere on 85258