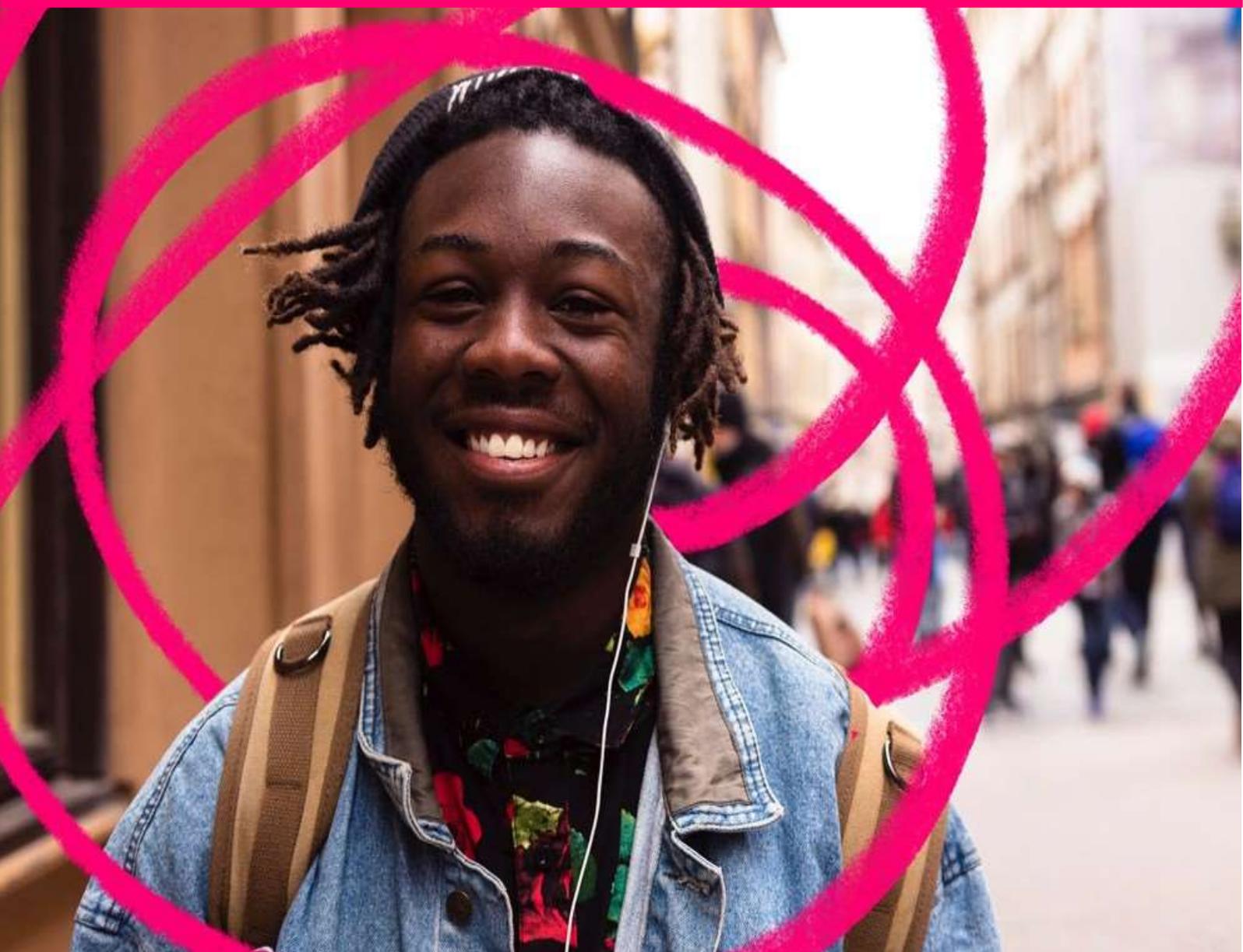


 mind in the Vale of Glamorgan

# Your guide to the Mind Walk



We're here to fight for mental health, for support, for respect. Join us for the Mind Walk on 3 July and fly the flag for mental health in the Vale of Glamorgan.

## How to take part



### Sign up

Create your fundraising page on the Mind in the Vale Website  
(You've already done this!)



### Plan your route

See our tips below on how to do this.



### Tell your friends and family

Ask them to join you or find out if they want to donate.



### Start a conversation why mental health

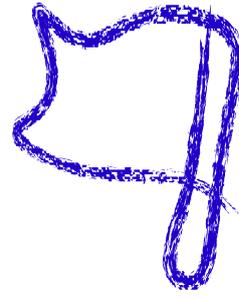
**Matters to you and start getting donations (if you choose to fundraise.)** If you manage to raise £50 – we'll send you a medal.



### 3 July – Join us for the Mind Walk

Don't forget to post photos of your walk on social media and check in with people that you've had conversations with about your walk.

Please feel free to tag us in your pics and use #TheMindWalkforMITV



# the Mind Walk

## Plan your route

The Mind Walk is not a physical fitness challenge, it's about taking the fight for mental health out in the open. Fly the flag for mental health your own way - walk on your own or with family, take in the sunrise or sunset or meet up with friends halfway for a midday picnic.

Choose a walking distance that feels achievable and suits your walking ability. We suggest you plan for no more than 10km. You might find inspiration for your walking route on one of these sites:

[Valeways](#) or [Visit the Vale](#)

# Talking the talk and walking the walk

Every donation you ask for could be a conversation about mental health. Finding the words can be hard, but we've got ideas to get you started.

Visit the Mind Walk **resource centre** for more.

As well as starting conversations and taking the fight for mental health out in the open, the Mind Walk is about raising money to help make sure everyone experiencing a mental health problem can get support. Here are our top tips to help your fundraising.

## Share your 'why'.

Whether you're walking for hope, to spend time in nature, to spend time with friends or family, in memory of someone or to raise awareness, whatever the Mind Walk means to you let the world know and help take the fight for mental health out in the open.

Ready to share your why?

## Set a fundraising target

You don't have to raise anything to take part in the Mind Walk for Mind in the Vale of Glamorgan, but setting a goal can be a good motivation.

If you raise £50 we will celebrate your achievement by sending you a Mind in the Vale of Glamorgan medal out in the post. You'll need to request your medal (just reply to your welcome email) – we'll remind you via our social media channels.

## Use our templates to ask for donations.

Finding the words to ask for support can be tricky. We've put together a template for asking for a donation across every type of communication - text, email, social media - we've got you sorted!

Text message & WhatsApp Direct messages to friends and family are a brilliant way to get the ball rolling with your fundraising. Send a text message directly or share your fundraising page with a WhatsApp group to show your friends and family you're making change happen for mental health.

Social media is a great way of raising awareness and/or encouraging your friends to support you in your challenge. Here's a suggestion of what you could put.

"Hi everyone, I have signed up to take part in the Mind Walk for Mind in the Vale of Glamorgan and I need your help. On Saturday 3rd July I'm walking to take the fight for mental health out in the open, and I'm supporting Mind in the Vale of Glamorgan, my local mental health charity. This cause really means a lot to me. Please donate to my fundraising page [insert fundraising page link]. Thank you so much for your support."

# Getting involved with the Mind Walk community

Use the hashtag **#TheMindWalkforMITV** to connect with others who are doing their own Mind Walk. Share your photos and stories on social media and make sure you tag Mind in the Vale of Glamorgan (we're on facebook, insta and twitter) in your posts so we can see how your walk is going too.

## Paying in donations

When you set up a fundraising page directly through our website ([www.mindinthevale.org.uk](http://www.mindinthevale.org.uk)), all the fundraising that you collect on your fundraising page is sent to us automatically. This means that you don't need to do anything else. If you receive cheques or cash donations you can pay these in via your fundraising page.

Thank you so much for taking part in this event whether it's for your own mental health, to raise awareness or to raise funds! Every donation goes towards your local mental health charity which means we can continue to provide mental health support to anyone in the Vale who needs it.



**Mind in the Vale of Glamorgan**



**@mindinthevale**



**@mindinthevaleo1**