

# AWARE

OVERCOMING DEPRESSION.  
CHANGING LIVES.

## FUNDRAISING GUIDE

[www.aware-ni.org](http://www.aware-ni.org)



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# ABOUT AWARE

AWARE is the only mental health charity in Northern Ireland working exclusively for those with depression and bipolar disorder. The focus of our work is to educate and provide support to people on the illness of depression.



*"I can honestly say that AWARE has changed my life. They have helped me believe in myself and trust other people, an asset I never thought I would possess."*  
Paul, Support Group user



**1 IN 4**  
**PEOPLE IN NI**  
**WILL SUFFER FROM**  
**MENTAL ILLNESS AT SOME**  
**POINT IN THEIR LIFE**

**THE WORLD HEALTH ORGANISATION STATES THAT DEPRESSION IS THE LEADING CAUSE OF DISABILITY WORLDWIDE**

*"Thanks to the course I was able to identify that I had depression and seek the help I needed to recover."*  
Rebecca,  
Mood Matters participant

AWARE has an established network of 23 support groups across the country, which are run by our Support Group Facilitators and volunteers.

AWARE delivers a range of mental health and well-being programmes into communities, schools, workplaces, colleges and universities. These include four types of Mood Matters programmes, Living Life to the Full, Mental Health First Aid and Mindfulness.

In order for us to reach out to as many people as we can, we rely on the generosity of people through donations, fundraising and gifts in Wills. Your gift could help fund a local support group or deliver a mental health awareness programme to a number of community groups. All your fundraising efforts will go directly back into our services and education programmes.

### How your donation helps AWARE

**£15** pays for one young person to have our Mood Matters programme delivered to them in school.

**£50** allows us to go out into communities to provide information and raise awareness.

**£100** could run one of our support groups for a week.

**£300** could help us deliver Mental Health First Aid to groups of people who work with others in the community or their workplace.

**£500** could pay for the delivery of four Mindfulness sessions.

**£1000** could provide our six week Living Life to the Full programme to seven people who have the illness of depression.

# ANNUAL FUNDRAISING EVENTS

## Mood Walks

Register for one of our Mood walks across Northern Ireland. Popular locations include Belfast, L'Derry, Coleraine and Omagh.



## Slieve Donard Trek

Take part in our annual Mountain Trek to celebrate World Mental Health Day.

## New Year's Splash

Our annual New Year's Splash event takes place on Newcastle beach.



# RUN FOR AWARE

Regular exercise is shown to greatly benefit your mental health.



Every year across Northern Ireland there are a wide range of running events and marathons that you can take part in to raise money for AWARE.

Please get in contact with our Fundraising Team if you have any queries or if you would like to register you can you can complete the form online at [www.aware-ni.org/run-for-aware](http://www.aware-ni.org/run-for-aware).

Once you have registered online you will receive your AWARE running vest and fundraising pack.



# FUNDRAISING IN SCHOOLS

AWARE encourages staff, students and teachers to get involved in our calendar of events. Our Schools & Corporate Fundraising Officer can give advice on organising your own event in your school.

- Take part in or host your own Mood Walk.
- Design a Christmas Card for AWARE.
- Get involved in our campaigns throughout the year.

Check out the A-Z list of fundraising ideas for inspiration!



# CORPORATE FUNDRAISING

Your organisation can support AWARE through taking part in our fundraising events or hosting your own.



# A-Z OF FUNDRAISING IDEAS

There are no qualifications needed to be a Fundraiser. You just choose something to do from our calendar of fundraising events or the A-Z list of ideas. Or if you prefer, you can organise your own events and you will always be supported in your fundraising by the Fundraising Manager.

Abseiling

Afternoon Tea

Bake-off

Barbeque

Car Boot Sale

Carol concert

Coffee morning

Cycle Challenge

Disco Night

Exercise Class

Family Fun Day

Fashion Show

Five-a-side

Football Match

Games Night

Golf Classic



Head Shave  
Jelly Bath  
Karaoke Night  
Loud Tie Day  
Masquerade Ball  
Murder Mystery Evening  
Non-Uniform Day  
Office Sports Day  
Pie-Eating Competition  
Quiz Night  
Raffle  
Skydive  
Talent Show  
Waxing  
Wedding Favours  
Zip Wire  
Zumbathon



## **Donating to AWARE**

You can donate directly using your credit or debit card by completing the form online. It can be a one off donation or a standing order for a weekly, fortnightly, monthly, quarterly or annual donation.

Text the words 'ADDA15 £5' to 70070.

Send a cheque payable to 'Aware Defeat Depression' to our Derry Office at 56 Strand Road, Londonderry, BT48 7AJ.

## **Wills**

Any gift that you can give will go directly towards our services to help make a difference to people whose lives have been affected by the illness of depression.

## **Gift Aid**

You can Gift Aid when a donation comes from a UK taxpayer and the government allows us to reclaim a percentage of this back.

## **Insurance**

You need to check your venue has liability insurance to cover your activity for your fundraising event.

## **Over 18**

All volunteers and fundraisers under 18 must have parental permission. If you are organising an event involving children, make sure there is enough adult supervision.

## Contact Us

If you would like to find out more about fundraising for AWARE or if you need assistance with your event please contact our Fundraising Team:

### Belfast

Emma Ewings

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07917010817

### L'Derry

Margaret McCrossan

[margaret@aware-ni.org](mailto:margaret@aware-ni.org)

07714014757

40-44 Duncairn Gardens

Belfast

BT15 2GG

028 9035 7820

15 Queen Street

Derry

BT48 7EQ

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