



Peer Education Project

HEALTHY

RELATIONSHIPS

Fundraising school
pack: Healthy
relationships with
ourselves and our peers



Mental Health
Foundation





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We would love to hear about any events you hold and your feedback on this resource. Click [here](#) or scan the QR code to complete a 2-minute form.

If you want any support with running your fundraising events, please get in touch with our team at events@mentalhealth.org.uk

This fundraising pack is part of a campaign, by the [Mental Health Foundation](#), focused on healthy relationships with ourselves and peers. This campaign aims to support schools in opening up conversations with their pupils and staff around how to build healthy relationships with themselves and their peers.

Fundraising events within this pack have been developed by young people who took part in our [Peer Education Project](#).



Bake the world a better place!

This event and the resources were designed and written by four pupils during their work experience with the Mental Health Foundation, who all delivered the [Peer Education Project](#) within their schools.

Aim

To build connections with ourselves and others through baking and conversations.

Resources needed (included in this pack)

- Information poster (page 4)
- Recipe template (page 5)
- Conversation starters (pages 6-8)

How the event runs

A bake sale to spark connections! Baking can be an enjoyable activity to do with others, but also a way of spending time with ourselves.

Just like a cake, this bake sale has different ingredients, something sweet for everyone!

The bake sale can run within a class, as a whole-school or with the community. Encourage pupils and school staff to take part by baking something to share with others, which has meaning for them. For example, this could be family recipe, their favourite bake or something from their culture. Use the information poster to promote the event to pupils and staff. For

anyone baking for the event, ask them to use the recipe template to ensure allergy information is available.

The conversation starters can be used to encourage individuals to show active listening skills, learn something new about others and/or different traditions and be part of something that connects us to each other – all key parts of building healthy relationships with ourselves and our peers. The conversation starters can be used alongside each bake. Encourage pupils and staff to ask one of the questions when they buy a bake.

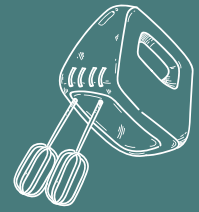
Optional

Using the recipe templates the pupils and staff have completed, you could combine them to form an online or printed recipe book that can be sold for a small amount to raise more donations.





Bake the world a better place!



This event aims to bring us together and provide an opportunity to connect with ourselves and others.

Get involved by baking something that is special to you - your favourite bake, a family recipe or something important to your culture.

Alongside the bake sale there will be conversation cards that can be used to learn more about each other, whilst enjoying some baked goods!

Get baking and connect with yourself and others!



Date

Time



Baking can be good for your mental health and wellbeing. It is an activity that can lower your feelings of stress and is a chance to:

- Try new recipes
- Connect with yourself and/or others
- Learn new skills

This is a bake sale raising money for the Mental Health Foundation. Scan to find out more about what they do:



Mental Health
Foundation



Conversation Prompts



What does your bake represent? Tell me about what you brought in today.



Conversation Prompts



What's your favourite way to unwind after a long day?



Conversation Prompts



If you were to take up a new hobby, what would it be and why?



Conversation Prompts



What's your favourite meal and why?



Conversation Prompts



What are the qualities that make a good friend?



Conversation Prompts



If you could be any animal what would you be and why?





Disconnect to reconnect sponsored challenge

This event and the resources were designed and written by four pupils during their work experience with the Mental Health Foundation, who all delivered the [Peer Education Project](#) within their schools.

Aim

To encourage those who take part to explore different ways to connect and communicate with themselves and others, away from screens.

Resources needed (included in this pack)

- Information sheet on how to get involved (page 10)
- Information sheet of activities to support connecting with yourself and others in different ways (page 11)
- A sponsorship form (pages 12-13)

How the event runs

Encourage pupils to sign up to take part in a sponsored challenge where they take a 24-hour screen break. Share the information sheet on how to get involved, and the sponsorship form for collecting their sponsorship details and money.

To support pupils in exploring other ways of connecting with themselves and others, the event also includes a bingo template and information sheet on other activities they could try during their screen break, and beyond!



Disconnect to Reconnect

A chance to disconnect from screens and reconnect with yourself and your community.



How to take part:

- Switch off from screens for 24 hours - you can still call and text if you need or use screens for school work.
- Using the time you would usually be on your phone, watching tv or online, try and complete as many boxes of the bingo sheet as you can during the 24 hours!
- Don't worry if you don't manage to tick off all the boxes, just do as many as you can!
- Make sure you let people know what you're doing, and that you won't be able to reply to their messages for 24 hours.



Sponsorship:

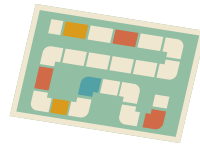
Tell friends and family that you're doing the Disconnect to Reconnect challenge, and ask if they will sponsor you. Encourage your family, friends, and community to take part in the challenge too!

<p>Write a letter</p> <input type="checkbox"/> 	<p>Host a games night</p> <input type="checkbox"/> 	<p>Do something you've been putting off</p> <input type="checkbox"/> 
<p>Make a hot drink</p> <input type="checkbox"/> 	<p>Spend time in nature</p> <input type="checkbox"/> 	<p>Chat to someone new</p> <input type="checkbox"/> 
<p>Take a mindful moment</p> <input type="checkbox"/> 	<p>Be a helping hand</p> <input type="checkbox"/> 	<p>Read</p> <input type="checkbox"/> 
<p>Get creative</p> <input type="checkbox"/> 	<p>Try something new!</p> <input type="checkbox"/> 	<p>Take time for self-care</p> <input type="checkbox"/> 

Instructions for Disconnect to Reconnect bingo sheet

Write a letter

This is a great way to connect and communicate with others, away from a screen. Not only can you practice another way of communicating, but it brings a personal touch to it that is likely be treasured by the person who receives it.



Host a games night

Pick a date and time, invite your loved ones and dig out those games you love to play! A games night is a great chance to have some fun and connect with others! You could invite your loved ones to help cook some food together beforehand!

Do something you've been putting off

We all have 'that thing' we know we need to do, but just can't find the energy to get round to it. Use this break from screens as an opportunity to get 'it' done, free from distractions!



Make someone a hot drink

Taking the time to make a friend or loved one a tea, hot chocolate or even just grabbing a glass of water, is a kind thing to do - especially if they're too busy to make one themselves.

Spend time in nature

Take the opportunity to spend some time connecting with nature. Whether this is indoors or outdoors, by noticing the little things that make the natural world beautiful, you can improve your own mental health.



Chat to someone new

Chatting with someone you wouldn't usually talk to is a great opportunity to start building new connections. Don't worry if you can't think of anything to talk about straight away, just start by going over and saying hi!

Be a helping hand

Offering your time to help a friend, teacher, or loved one with something, can be a kind way of showing your support and strengthening your relationship with people in your life.



Take a mindful moment

Mindfulness is the skill of paying attention to what is happening in your mind and body at any time, allowing any thoughts to pass through the mind. Practicing mindfulness can be a way to reconnect with how we are feeling.

Read

Why not try reading something new during your screen break? Whether this is for 30 minutes, or short 10-minute bursts over the day. Reading away from the blue light of screens, can be a relaxing activity to try before bed!



Get Creative

Creative activities, such as painting, playing an instrument or cooking, can help us to connect with ourselves and express how we are feeling.

Try something new

Set aside some time to try something new. This is a chance to explore your interests, and build new connections, especially in a team activity. If you find something you really enjoy you can continue even after the 24 hours are up!



Put time in for self-care

Taking time to look after yourself is an important way to keep in touch with how you are feeling and what your mind and body needs to stay well. Self-care activities will be different for everyone, but some examples include listening to music, going to bed early or having a bath.



SPONSORSHIP FORM

DISCONNECT TO RECONNECT

Disconnect from screens and explore different ways to connect and communicate, both with yourself and others.

giftaid it

Make your sponsorship worth 25% more by ticking the Gift Aid box.

If you are a UK tax payer and you tick the Gift Aid box on this sheet, the Inland Revenue will give us an extra 25% on top of your donation. It doesn't cost you a penny to do*

Please complete so we can match your sponsorship money against your fundraising target.

Name:					
Address:					
Full name	Full home address (not work address)	Postcode	Amount	Tick for Gift Aid*	Received
TOTAL					

Create an online sponsorship page

Fundraising online can be a huge boost to your sponsorship go to www.virginmoneygiving.com/charities/mhf and follow the instructions.

Paying it in

Once you have collected your sponsorship money, please return the sponsorship form with your donations as a cheque made payable to Mental Health Foundation to:

Mental Health Foundation
Studio 2, 197 Long Lane
London, SE1 4PD

Any questions?

Contact the Events Team on:
events@mentalhealth.org.uk
or call 020 7803 1123
Monday to Friday, 9am to 5pm

www.mentalhealth.org.uk

Full name	Full home address (not work address)	Postcode	Amount	Tick for Gift Aid*	Received
TOTAL					

* If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Company limited by guarantee number 2350846. Registered Charity Numbers England 801130, Scotland SC 039714.





Wear it green day

Aim

To raise awareness of mental health by wearing green – the green ribbon is the international symbol of mental health awareness.

Resources needed

Download our [Wear it Green day pack](#), which is full of fundraising ideas, resources and tips to help make your event a success!

How the event runs

A bake sale to spark connections! Baking Whether you go all out in head-to-toe green

or show solidarity by wearing one of our [green ribbon pin badges](#), holding a Wear it Green day is a great way to get the whole school involved and talking about mental health. We recommend that you ask for a small donation for pupils and staff to take part. You can also incorporate any of the other fundraising ideas suggested in this pack as part of the day!

[Order a box of our green ribbon pin badges](#) to display on the day.





MHF Live!

Aim

Raise awareness. Raise money. Raise the roof. MHF Live brings people together to enjoy music and fundraise towards a world with good mental health for all!

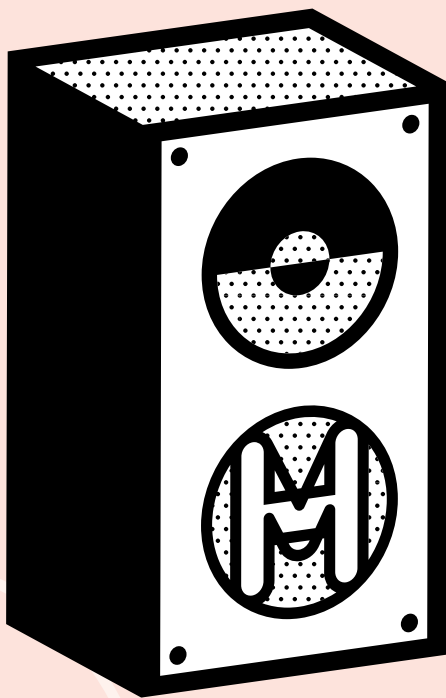
Resources needed

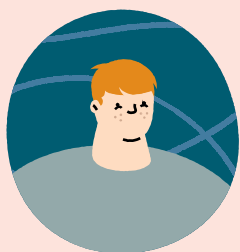
Download our [MHF Live event pack](#) and resources, and get in touch with the team via events@mentalhealth.org.uk for collection tins and other fundraising materials.

How the event runs

MHF Live events can include any kind of music and take place on any scale. All you need to take part is a love of music and a passion for mental health awareness! Host an event at school or in the community centred around music, such as a talent show, karaoke or a choir performance.

Love music but not keen on singing or playing an instrument? You could host a day of music-related fun and games for MHF Live – from trivia quizzes to dance-offs and lip-syncing competitions!





Other event ideas

Check out our [Schools Wellbeing and Fundraising Pack](#) for more ideas!

Use the Top Tips for Good Mental Health listed in the Schools Wellbeing and Fundraising pack, and the top tips for healthy relationships with ourselves and our peers, to help organise your events.

Here are a few ideas to try!

Individual events

- **Sponsored walk or other activity:** Being physical active is one of the top tips for good mental health. Participation in regular physical activity can increase our self-esteem and wellbeing, and can reduce stress and anxiety.

Class events

- **Hold a quiz or class competition:** Class events can be opportunities for pupils to get to know and spend time with their peers, outside of a formal lesson. Having space to connect is an important part of building healthy relationships with our peers.

Whole-school events

- **Organise a conversation scavenger hunt:**

Using conversation starters and riddles, lead your pupils across the school, talking to different members of the school community and locating different areas of the school. Whether they are asking or answering the questions, pupils will have fun and practice their active listening skills – two important parts of building a healthy relationship with others.

Whole-community events

- **Host a Tea & Talk for pupils, staff and parents/caregivers:** Having a space to have conversations with each other, and build connections, is important for our mental health, as well as developing healthy relationships with others. [Download free resources](#) to host your Tea & Talk event!



TEA & TALK





How to send donations to us:

There are two ways you can pay in your fundraising donations:

You can go to the Mental Health Foundation's online donation page:

mentalhealth.org.uk/donate

Or

Send a cheque payable to Mental Health Foundation to:

Mental Health Foundation
Studio 2
197 Long Lane
London SE1 4PD


If you'd like us to send you a paying in slip, please email events@mentalhealth.org.uk and this can be organised for you.

When sending us your donations, make sure you always bank the money yourself! Never send cash through the post, as it could get lost or stolen.



Donate online at:

mentalhealth.org.uk/donate

 **BANK**

Pay *Mental Health Foundation*
fifty pounds only

Date *1/5/22*

£ *50*

Annie Boddie

MHF BANK LTD.
22 23 24



Get in touch

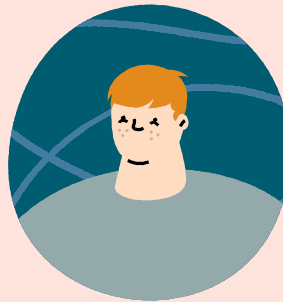
We'd love to hear about your fundraising plans!

For information about fundraising, please contact:

events@mentalhealth.org.uk

For information about the Peer Education Project, please contact:

schools@mentalhealth.org.uk



 [Mental Health Foundation](https://www.facebook.com/MentalHealthFoundation)

 [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

 [@MentalHealth](https://twitter.com/MentalHealth)

 **London:**

Mental Health Foundation, Studio 2, 197 Long Lane, London SE1 4PD

 **Glasgow:**

Mental Health Foundation, McLellan Works, 274 Sauchiehall Street, Glasgow, G2 3EH

 **Cardiff:**

Mental Health Foundation, Workbench, 16 Neptune Court, Cardiff, CF24 5PJ

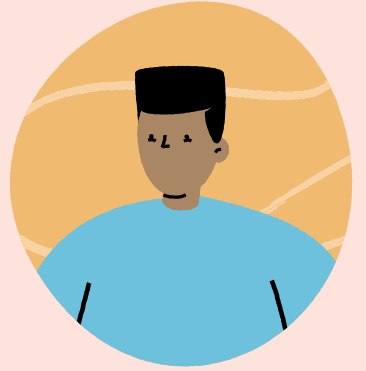
[mentalhealth.org.uk](https://www.mentalhealth.org.uk)



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THANK YOU!

