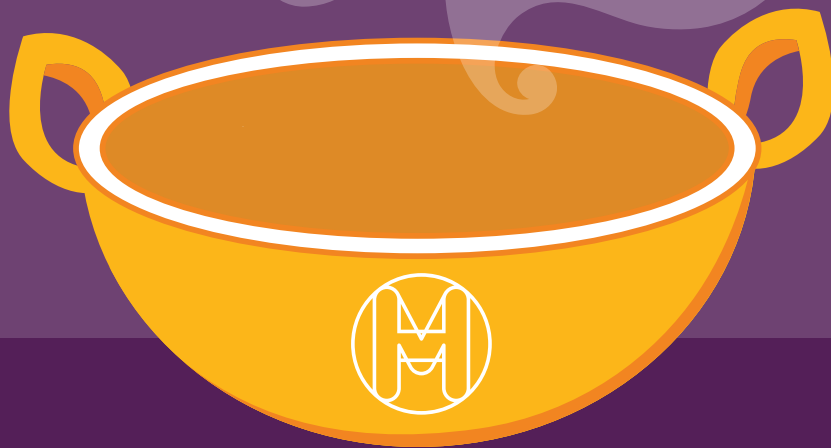




Mental Health  
Foundation



# CURRY & CHAAT



Tuck in for  
mental health



# Talking is good for you

We want to thank you for signing up to host your very own Curry & Chaat.

Talking is good for your mental health. It's as simple as that.

Your Curry & Chaat could help to strengthen the relationships around you, improve the wellbeing of your guests, and create a mentally healthier community. Moreover, your fundraising will allow us to conduct vital research, fund projects, and challenge the stigma that surrounds mental health problems.

This pack provides you with a selection of fundraising materials to help ensure your Curry & Chaat is a success.

You can find all our mouth-watering recipes, inspired by a variety of curry cuisines, by visiting [curryandchaat.org.uk](http://curryandchaat.org.uk).

Thank you so much for your support and for working with us to create a world with good mental health for all.

Tuck in for mental health!!

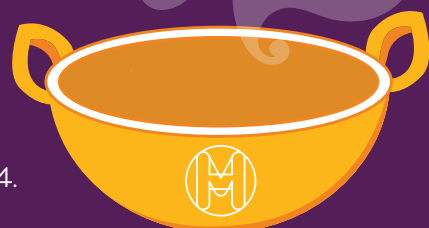
*The Curry & Chaat team*



Registered with  
**FUNDRAISING  
REGULATOR**

Registered Charity No. England 801130 Scotland SC039714.  
Company Registration No. 2350846.

**CURRY  
& CHAAT**





# Planning your Curry & Chaat

## 1 Set a time and place

Choose a date and a location for your event. Once you've done this, be sure to confirm the date with us to request a pack of fundraising resources at [mentalhealth.org.uk/confirm-your-event](https://www.mentalhealth.org.uk/confirm-your-event)

## 2 Spread the word

Make sure everyone knows about your event. Use posters, social media, word-of-mouth, and email to invite as many people as possible!

## 3 Get spicing

Have you got a delicious go-to curry, or are you inspired by our wonderful recipes and want to try something new? Either way, get help from your family and friends (but we won't tell if you opt for your local takeaway).

## 4 Get chatting

Starting a conversation about mental health can be a little tricky, but remember we all have mental health just as we have physical health. As we are sure you know, talking is good for your mental health, and what better way to do it than tucking in to a delicious curry with your guests, friends, and family?

## 5 Start fundraising

We have lots of resources and ideas available to help you fundraise, and help us work towards a world with good mental health for all.

Make sure to make the most of the placemats and the posters in this pack.

## 6 Pay in your donation

The easiest way to pay in your donation is through our website. Just visit [mentalhealth.org.uk/donate](https://www.mentalhealth.org.uk/donate)

You can also pay in the money you raised by giving the Events Team a call on **020 7803 1123**.

## 7 Tell us all about your event

@ [events@mentalhealth.org.uk](mailto:events@mentalhealth.org.uk)

#curryandchaat

[www.facebook.com/curryandchaat](https://www.facebook.com/curryandchaat)

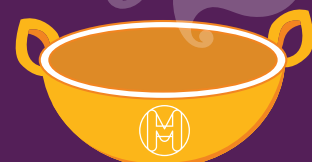
@[mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)



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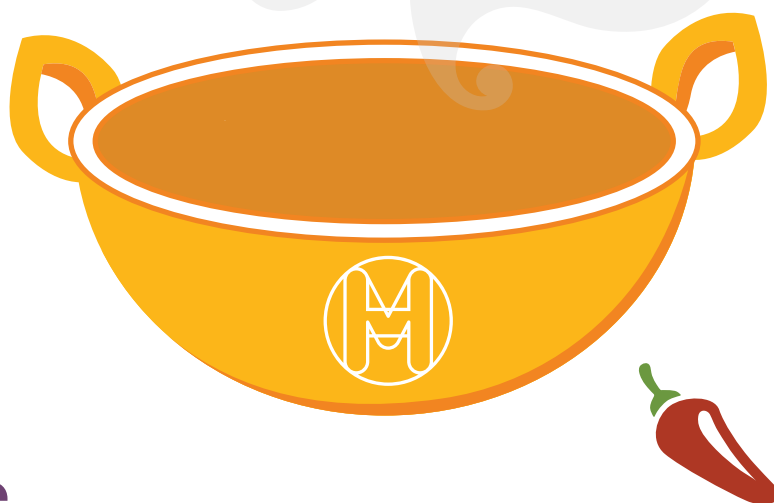


# CURRY & CHAAT



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## Tuck in for mental health



Hold a curry night  
and support us by  
raising funds to create  
a world with good  
mental health for all.

To order your free event pack:

Visit [curryandchaat.org.uk](https://curryandchaat.org.uk)

Call 020 7803 1123

Good mental health for all.



Mental Health  
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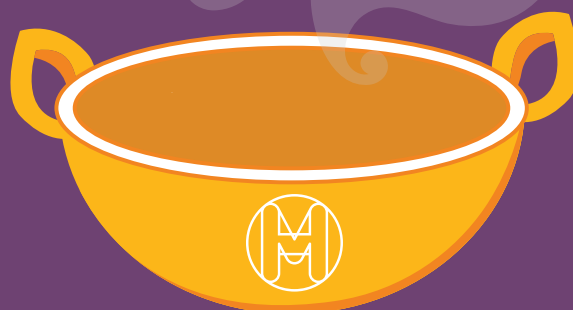
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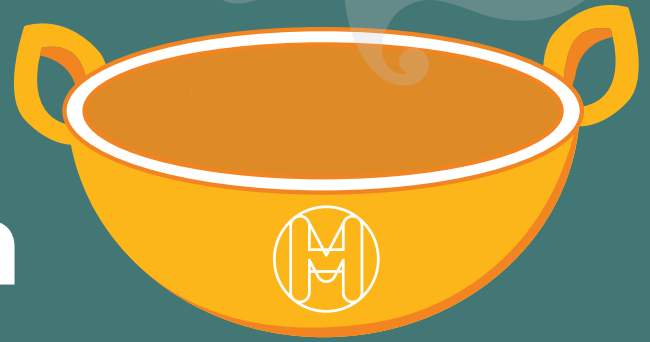
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# Tuck in for mental health



## Join us for Curry & Chaat

**Where:**

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**When:**

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**Contact:**

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Hold a curry night and support us by raising funds to create a world with good mental health for all.

[curryandchaat.org.uk](http://curryandchaat.org.uk)

**Good mental health for all.**



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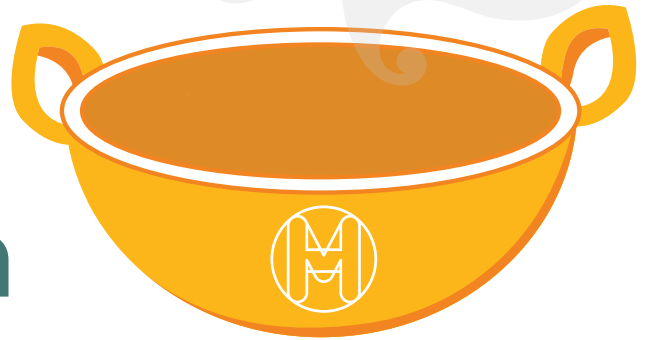
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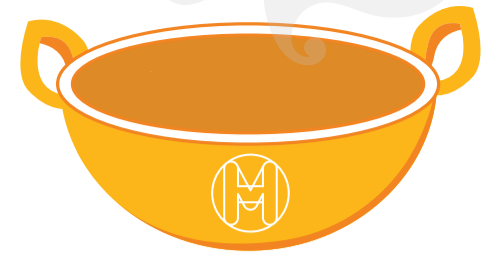


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Mental Health Foundation

**CURRY & CHAAT**



# How can we look after our mental health?

We all have mental health, just as we have physical health. Just as you would go for a walk or eat an apple to look after your physical health there are lots of things you can do every day to maintain good mental health.

Discuss together the things you do each day to maintain positive mental health, but also list the things which might be bad for you. Pop the poster up where everyone can see it as a reminder of the little things we can all do to maintain positive mental health

**Need a few ideas? Visit [mentalhealth.org.uk/10ways](http://mentalhealth.org.uk/10ways)**

## Things that REDUCE positive mental health

Example: **Not taking a lunch break** – getting away from your desk helps reduce stress at work.

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## Things that IMPROVE positive mental health

Example: **Stay active** – Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.

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If you would like some more information on mental health and ways to maintain positive mental health visit [mentalhealth.org.uk](http://mentalhealth.org.uk)

If you need to talk to someone about your mental health or about any issues or concerns which arose from your talk today. Call **Samaritans 116 123**.





# 10 ways to look after your mental health



Talk about your feelings



Eat well



Keep in touch



Take a break



Do something you're good at



Keep active



Drink sensibly



Ask for help



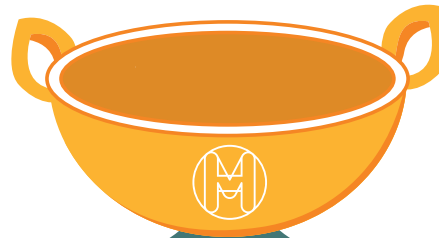
Care for others



Accept who you are

Mental Health Foundation

## CURRY & CHAAT



Men are far less likely to talk to friends or a family member about day to day life.

Only 13% of people report living with high levels of good mental health.

Nearly 65% of people say that they've experienced a mental health problem.



Mental Health Foundation

To view more of our 'how to' guides on a range of topics such as sleep, stress and anxiety, visit [mentalhealth.org.uk/howto](https://www.mentalhealth.org.uk/howto)

# 10 ways to look after your mental health



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Keep in touch



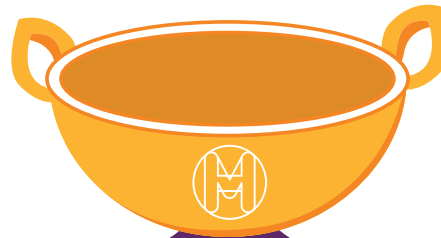
Take a break



Do something you're good at

Mental Health Foundation

# CURRY & CHAAT



**Eat well! What we eat and drink affects how we think, feel, and behave. Your brain is an organ that needs to be nurtured.**

**Keep in touch! Good relationships are crucial to our mental health. Friends and family can make you feel included and cared for.**



Keep active



Drink sensibly



Ask for help



Care for others



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# 10 ways to look after your mental health



Talk about your feelings



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Keep in touch



Take a break



Do something you're good at

Nearly 65% of people say that they've experienced a mental health problem.

1 in 6 of us have a diagnosable mental health problem.

This rises to 7 out of 10 in women, adults aged 18-34, and people living alone.



Keep active



Drink sensibly



Ask for help



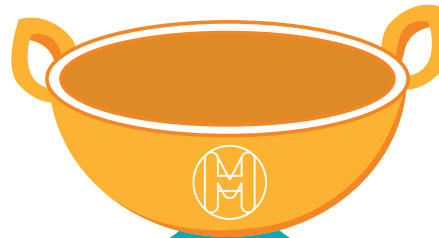
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