



# Move it in March

## Fundraising Pack

### Welcome

A huge thank you for choosing to take part in our Move it in March challenge - you are now ready to move it, have some fun and raise vital funds for Andover Mind.

### Here's how it works

- Choose a fun challenge that involves the numbers 3 and 1 and start any time in March
- Stay within the current government advice on exercise and social distancing and decide the safest way to reach your target - at home, in your garden or as part of your daily exercise
- Set up and personalise your JustGiving page (see below)

As an added incentive we have some fabulous rewards for your hard work and dedication:

- £ Raise £31 and receive your Move it in March certificate
- £ Raise £62 and receive your edible medal
- £ Raise over £100 to be entered into a prize draw

Don't forget to share your photos with us on social media!



AndoverMind



@andovermind



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### Choosing your challenge

To make things as easy a possible for you, we have compiled some fun challenge ideas. Feel free to pick one of these or come up with your own!

- ☉ Dance to 31 different songs
- ☉ Do 3 hours and 1 minute gardening per week
- ☉ Do 31 press-ups or squats per day
- ☉ Run for 31 minutes or 3.1 miles
- ☉ Skip 31 times
- ☉ Walk your dog for 31 miles over 31 days
- ☉ Cycle your favourite route for 31 minutes as often as you can



## How to set up your JustGiving page

1. Create or log in to your existing account and click start fundraising
2. Select yes when asked if you are fundraising for a registered charity
3. Search for Andover Mind
4. Complete the form to give more information about you and your fundraiser
5. Create your page

Job done! Your fundraising page is now set up and ready to accept donations. Make sure to share with your friends and family. JustGiving will send the money that you raise directly to Andover Mind

## Top tips when fundraising

- Boost your donation by 25p of Gift Aid for every £1 donated - remind your sponsors (who are taxpayers) to tick
- Social media - let people know about your challenge and why it's important to you! Tag your friends, share photographs and post your fundraising page using #AMMoveitinMarch

## How your donation helps

£10 could pay for 2 calls to our Support Line offering information and reassurance

£25 could fund a weekly art group session, giving people a creative outlet for their feelings

£50 would pay for a trained staff member to support service users at a session of our Ugly Duckling project, helping them to learn new skills, develop friendships and build self-esteem

Remember to email [lisa.langman@andovermind.org.uk](mailto:lisa.langman@andovermind.org.uk) to let us know you're taking part. We're very grateful for your support.