



THANK YOU

FOR CHOOSING TO
FUNDRAISE FOR US!



WHAT WILL YOUR FUNDRAISING MONEY GO TOWARDS?

- ✓ 100% of the funds raised will go towards supporting our community.
- ✓ Constantly reviewing and improving the quality of our services.
- ✓ Ensuring we are able to continue to provide the services we currently have in place.
- ✓ Increasing mental health awareness.
- ✓ Funding new services and projects across Lanarkshire and West Lothian.
- ✓ Supporting us to help end the stigma for those living with mental health issues.



WHATEVER YOUR REASON FOR JOINING #TEAMLAMH PLEASE KNOW WE ARE WITH YOU 100% OF THE WAY WITH YOUR FUNDRAISING.

If at any point you have questions, or need support- please contact us on **fundraising@lamh.org.uk**

ONLINE FUNDRAISING - MADE EASY

There are so many options out there. But here are some of our easiest options for setting up your fundraiser online!

- ✓ **Virgin Money Giving** - is a great fundraising tool. You can set up your own fundraising page, share it to your social media channels and the funds will come directly to us! [CLICK HERE](#) to set up your own fundraising page.
- ✓ **Facebook Pay** - Did you know you can now set up a fundraiser in our name using Facebook? It couldn't be easier! [CLICK HERE](#) to find out how.

DROP US A MESSAGE ON SOCIAL MEDIA, OR ON THE EMAIL ADDRESS BELOW IF YOU NEED SUPPORT.

fundraising@lamh.org.uk

TOP TIPS

- ✓ **Make it personal!** - Tell people why you are fundraising for us, add pictures of your fundraising journey.
- ✓ **Share your story!** - Plaster it all over your social media, and ask friends and family to share too. The more people that know, the higher your chance of receiving donations.
- ✓ **Get the boss to chip in** - Most organisations love to support their employees in raising funds, so why not ask if your workplace has a match funding scheme?

STUCK FOR IDEAS? NOT TO WORRY.

We love to share fundraisers stories, so check out the news section of our website [HERE](#) for more information about previous fundraisers. But here are some of our favourites:



✓ **Take on solo challenge!**

- Run, cycle, hop – 5K, 10K or as much as you can manage!
- Give up something you love.
- Are you a chatterbox? Take on a Sponsored Silence

✓ **Get friends and family involved!** – Team challenges are a great way to reach more people, but also to keep you motivated!

- Do a bake sale or a raffle
- Quiz Nights
- Online auction – (don't be afraid to ask local businesses to donate prizes!)

WE WANT TO SUPPORT YOU IN THIS JOURNEY, SO GET IN TOUCH AND WE CAN HELP YOU WORK OUT THE BEST WAY TO MEET YOUR FUNDRAISING GOAL.

TOP TIP

Please remember to look after yourself in your fundraising journey and don't put too much pressure on yourself. Even a small amount, or just helping us raise awareness means a lot!

SENDING US YOUR FUNDS



By post - You can send us a cheque by post, please remember to include your details so we can say thank you, and give you a shout out!

Head Office
17-19 Cadzow Street
Hamilton
ML3 6EE



Bank Transfer - drop us an email and we can send you the details you need to know.



By Phone - call us on 01698 476726 and we can take payment.

HELP US SHARE YOUR
FUNDRAISING EFFORTS, AND
DON'T FORGET TO KEEP IN
TOUCH.

@TEAMLAMH

