

Fundraising for SAMMM

What will you choose?



Thank you for ordering this pack and welcome to our committed fund raising community. Well done, you've taken the first steps in helping us to support the bereaved. Your donation enables us to continue to support those who need us most.

Our fundraising plans look slightly different to normal and we need your help more than ever before.

There are lots of safe ways to fundraise for SAMMM. Here are a few ideas to get you started but feel free to come up with your own ideas!

Online Fundraising

It is quick and easy to create your own fundraising page and it is a really easy way to ask people to support you.

The Virgin Money Giving Page

There are lots of fundraising websites you can choose from to create your online fundraising campaign. We suggest you use The Virgin Money Giving Page. It is very easy to set up and it will help you to get the most from your fundraising. SAMM are already a registered charity with The Virgin Money Giving Page so they will make the donations to us directly. All you need to do is set up a page and ask people to support you.

Setting up your page

1. Go to [The Virgin Money Giving Page](#)
2. Click 'Start Fundraising' and follow the online step by step instructions.
3. You can personalise your page by adding 'your story'. You can also upload photographs and explain why you have chosen to support SAMM.

Our 5 Mental Health and Wellbeing Fundraising Ideas:

1. One step at a time

Why not challenge yourself to escape into the great outdoors. This could be anything from running a marathon, to walking a mile every day for a month. Not only is this good for mental health and well being but you would be raising money for SAMM at the same time.



2. Eat Well

It can be really tough to find the energy to prepare good food but it is really important to stay healthy. Family and friends may be encouraging you to do this already so why not ask them to put their money where their mouth is and help you to support SAMM whilst making a good healthy meal each day for a week or month.



3. Be Kind to yourself

This is a really good personal challenge because it's often something we neglect!

Can you rise to the challenge and take some time out at least once a day to be kind to yourself for a whole month.

That could range from a soak in a nice hot bath, to a cup of tea and a sit down.

This one is definitely not as easy as it sounds but you will feel the benefits!



4. Run your own virtual Quiz

With Covid 19 restrictions in place the days are long so why not connect with family and friends and create your own online quiz event in aid of SAMM. This could be themed or just general knowledge.

5. Sponsored Walk In Fancy Dress

Why not organise a Sponsored Walk in Fancy Dress? Everyone could agree a distance (say a mile) and take on the challenge whilst dressed up in whatever outfit they choose! This would of course have to be done in line with Covid-19 regulations but the photographs could certainly all be put together on one

page! Don't forget to get sponsorship from all your family and friends.



A—Z of Fundraising

Aerobics

Afternoon Tea

Auction

Bingo

Book Sale

Barn Dance

Cycling

Coin Collecting

Chocolate

Raffle

Dinner Party

Dog Walking

Disco

Easter Egg Hunt

Face Painting

Film night

Fun Run

Give up something you enjoy

Games Night

Head Shave

Hockey Match

Ice Skating

Challenge

Ironing

Jumble Sale

Juggling

Knit and Natter

Karaoke

Kayaking

Lucky Dip

Line Dancing

Magic Show

Marathon

Mud Run

Night Walk

Name a Teddy

Online Fund-raiser of any kind!

Penny Mile

Plant Sale

Panto

Quiz

Quilting

Rugby Match

Raffle

Race Night

Shave your beard off

Skydive

Tombola

Treasure Hunt

Unwanted Gift Sale

Variety Show

Volleyball Match

Washing Cars

Xmas Hamper

Xmas Party

Yoga

Yellow only
Clothes day

Zorbing

Every penny counts to help SAMM support those who need us.

