Fundraising for Shout and The Mix

2024-2025



What will your team achieve?



shout 85258

THE MIX

Powered by

MENTAL HEALTH INNOVATIONS

Welcome to our partner fundraising pack

We're thrilled that you've made the decision to fundraise for Shout and The Mix so that we can provide life-saving mental health support, 24/7.

Inside this handy pack, we've showcased some of our challenges to inspire your teams and get you started - whether you choose to run, climb or bungee jump!

Read on for fundraisers that are challenging, team-building and most of all, fun.

"Thank you so much for listening to me, because of you I kept going tonight."

Texter feedback

"I was ready and willing to take my life today to be with my son and leave my other loved ones behind. Our conversation has saved me. Thank you so much."

Texter feedback

Every £10 raised means we can be there for people like these, whose conversations with our services saved their life.

RUNNING

In 2025, we've got places available in marathons, half marathons and other distances around the UK, including the Edinburgh Marathon, Bath Half and London 10k.

Discounted places for fundraisers

Free running vest and support from start to finish line











Fun runs, obstacle courses and oversees races also on offer!

Click here to find out more and book, or send us an email for a chat!

WALKING

Whether your team fancies walking 25 km through London, 50 km across the Jurassic Coast or a trek through the Chilterns, we offer a wide range of walking challenges.

Your team will receive a free t-shirt and cap, plus a medal as you cross the finish line











Distances and challenge levels to suit all abilities

Click here to find out more and book, or send us an email for a chat!

SKYDIVING

Feel the full force of flying through the clouds from over 10,000ft, at up to 125mph! Tandem skydiving is a truly unforgettable experience. You'll be strapped to a fully qualified instructor who does all the work, leaving you to enjoy the view.



Various dates and locations available

Cost: starting at £70 pp
Fundraising target: £500 pp





One skydive could pay to train a new Shout Volunteer and for them to take their first 14 conversations with people in crisis.

Click here to find out more and book, or send us an email for a chat!

THE THREE PEAKS

Our most popular team fundraising challenge is also Britain's toughest! Scaling the Three Peaks - Ben Nevis, Scafell Pike and Snowdon - over a long weeked will take adventurers to 5,200 feet over 25 miles. It's a tough hike, but the amazing views and funds raised for vital mental health support make it worth the climb.



Various dates available

Cost: £195pp

Fundraising pledge: £790pp





"We chose to take on the Three Peaks because we wanted to do something truly challenging and meaningful, provide a once-in-a-lifetime experience for our colleagues and create the opportunity for teams to spend time together."

Click here to find out more and book,

or send us an email for a chat!

EVENTS NEAR YOU





We can work with your team to identify fundraising events that **work for you**:

- **Regional** opportunities
- Various **weekday and weekend** date options
- **Levels** of difficulty, cost and fundraising commitment
- The **type** of event you want to do, from indoor bungee jumping, to white collar boxing or stand up comedy nights







Please get in touch with us to chat through your requirements!

HOLD YOUR OWN

If you want to hold your own event, or just find some inspiration for non-physical fundraisers - we've got you covered! We're here to support you with promotional materials, social media spotlights, fundraising advice and more.



Ideas that might work for your organisation include:





- Bake sale or coffee morning
- Charity auction or raffle
- Fancy dress or themed day
- Quiz, wine tasting or open mic night

Please get in touch with us to chat through your requirements!

HOW YOUR FUNDRAISING HELPS



Emily's story

When Emily contacted Shout for help, she had recently been diagnosed with bipolar disorder and felt isolated, unsure of who she could talk to. Living in busy student halls where anyone could overhear a conversation, Emily was struggling most when her care teams were closed and unsure of who she could talk to. The silent, anonymous and 24/7 nature of the Shout's service was key to her feeling able to reach out for support.

"Texting Shout was definitely a turning point... I began to accept my illness and realise it didn't have to hold me back. I felt able to have hope for my future again."

£10 can pay for a conversation with someone like Emily who is feeling anxious and alone, in need of urgent support with their mental health.

£50 - can fund a The Mix counselling session to help a young person struggling with their mental health to build coping skills and resilience.

£250 can train a Shout Volunteer to take life-saving conversations on our digital mental health platform.

YOUR NEXT STEPS

We can't wait to work with your team

Our friendly team is ready and waiting to help you kickstart your fundraiser of choice! Simply reach out to us at: fundraising@giveusashout.org for:

- Answers to any questions you have about the challenges in this pack
- Even more great ways to fundraise for Shout and The Mix
- Booking you onto a challenge
- Setting up your organisational fundraising page
- Branded merchandise for your team
- Support with fundraising
- And more!

Or visit giveusashout.org/fundraising-events for more challenges.



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