

# Spring into Wellness

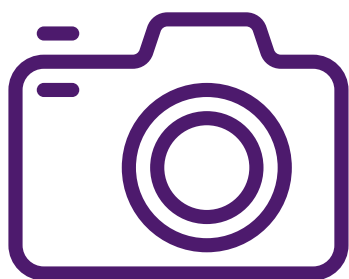
## Factsheet - Picking My Own Challenge



## Some ideas

### Fundraising remotely

Whether you're getting creative in the kitchen, hosting virtual hang-outs with friends and family online, or getting fit with workouts at home, we've got lots of ideas for how you can raise funds to support people with mental health issues here in Northern Ireland.



### Photography competition

Practice your photography skills and ask friends, family and colleagues to take part. Set a theme for each day and ask everyone to send their entries to you. Share all photos with the group and ask them to vote for their favourite. Ask anyone who enters to donate £5, £10 or £20 via your JustGiving page.

### Learn a new skill!

Find out who has a secret skill by asking your friends, family or colleagues what their skills are, whether playing guitar, icing a cake, potting plants or crocheting. They could then teach others, by hosting a Zoom session to share their knowledge. Then simply make a donation to take part in the session and learn a new skill. This is a great way of benefitting from someone else's talents and fundraising at the same time!



### Who's the baby?

Ask for baby photos from your friends, pop them up as a gallery on Facebook with a link to a JustGiving page, and ask friends and family to guess on the Facebook page, who's the baby, and then make a donation online. Give a deadline of 24 hours and then reveal who all the bonny babies are. Please make sure people are happy for their images to be placed on social media.

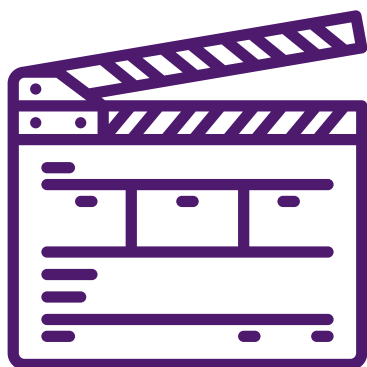
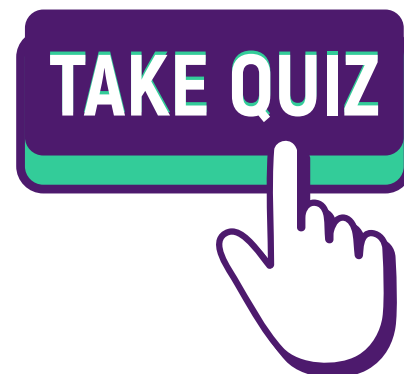
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### Virtual Quiz

You are the quiz master! This is a simple and fun idea, with many pre-written questions and answers available online. You can ask your friends to log in via Zoom and donate online to Action Mental Health. You can even theme the quiz on 80s actors, famous figures in history or a subject of your choice, and run a competition for the best fancy dress.



### Remake your favourite movie scene

To make this fair and easy for all, use your tablet or camera phone to capture you and your household remaking your favourite movie scene, whether recreating the nuns singing 'How do you solve a problem like Maria?' from the Sound of Music, doing the twist in Pulp Fiction or singing to Bohemian Rhapsody from Wayne's World. All budding actors donate online and present their efforts via social media, with the victor announced online.

### Choose your physical challenge

Will you do 50 jumping jacks; burpees or press ups a day for a month? Can you row the length of the English Channel from the comfort of home? Or will you use the route of your local parkrun or local park to do a 5k every day for a week or a month. Pick your activity and ask friends and family to sponsor you to keep it up! You can factor in rest days too!



### To help you fundraise

The easiest way to fundraise is to set up a JustGiving page. Directions on how to set up a JustGiving page for Spring into Wellness are contained in the fundraising pack. **Remember to enjoy yourself!** And thank you for supporting the work of Action Mental Health.

Please do adhere to all government guidance and regulations at this time.

## Additional resources

More information can be found in your **fundraising pack** with further resources on how to use social media to promote your activity and much more.