

How will the money raised make an impact to our local community?

West Central London 

- Share your supporters contributions will make a big difference in helping to provide support for those with mental health concerns in our community
- Share facts and figures to show how your donations help:
- In 2023, we supported over 19,000 people

87p for every £1 is spent directly on our service users

<p>£15</p> <p>could pay for someone to attend a Yoga, Keep Fit or Boxercise session</p>	<p>£50</p> <p>could provide Befriending support to three people, helping to increase social connectedness and quality of life</p>
<p>£25</p> <p>could fund someone experiencing mental health difficulties to attend an Employment Skills Workshop and gain valuable CV writing and interview skills</p>	<p>£100</p> <p>could fund one Psychoeducation and Life Skills Workshop for up to 15 people, equipping them with coping skills to develop healthy habits to manage their mental health and wellbeing</p>

Make it personal!

Now you know what to write on your fundraising page, here are some other ways to take your online page to the next level:

- Add pictures and videos, can boost your donations by 23%
- Set a fundraising target, this can lead to a 17% increase in the amount you raise
- Activate your fundraising page with as little as £5. People who make a donation to their own page to get them started raise a whopping 84% more!
- Post updates about your event, or even link your Strava account. Those who do, get 8% more donations



wclmind.org.uk

West Central London 

West Central London Mind is a registered charity, no. 292708.