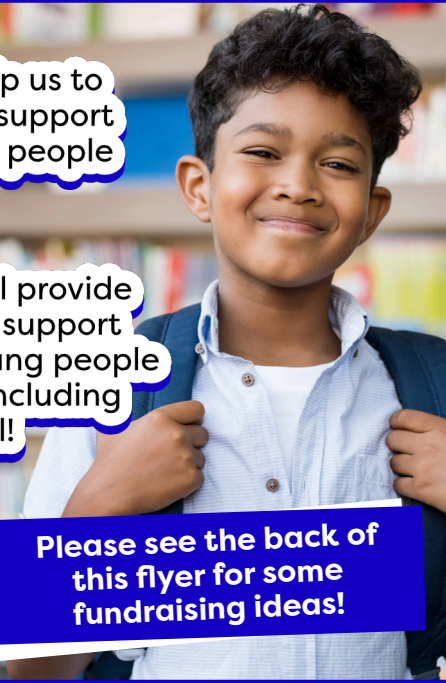


Fundraise for Us!



Can your school help us to raise vital funds to support children and young people in Hertfordshire?

Your fundraising will provide vital mental health support for children and young people in our community, including those at your school!

Please see the back of this flyer for some fundraising ideas!

Please contact cyp@hertsmindnetwork.org to find out more. Our Fundraising team can support your school with your fundraising activities.

We can also deliver assemblies about children's mental health and provide free wellbeing workshops to your students.

Paint the School Blue for Herts Mind Network!

Run a non-uniform day where everyone wears something blue to highlight the importance of mental health.

Herts Mind Network Blue Bake Sale

Baking is a great activity for our wellbeing, tapping into a sense of mindfulness.

Challenge your students to get creative by making blue baked goods - with the proceeds of sales going to Herts Mind Network.

The Feelings Collection

Creating things helps us express and process our emotions...

Invite your students to create and submit art inspired by their expression of feelings. This could be in any form they want!

Then run an art exhibition to showcase their submissions, inviting parents/carers to bid on pieces they like, donating the proceeds to Herts Mind Network.

Let it Out! – Battle of the Bands

Music is a key outlet for our feelings and emotions.

Run a battle of the bands – with ticket sales going to Herts Mind Network!

What Emotion are You?

Run a dress up day where children dress up as different emotions. This encourages great conversations about the variety of feelings and what they might mean to each child!

Please contact cyp@hertsmindnetwork.org to find out more. Our Fundraising team can support your school with your fundraising activities.