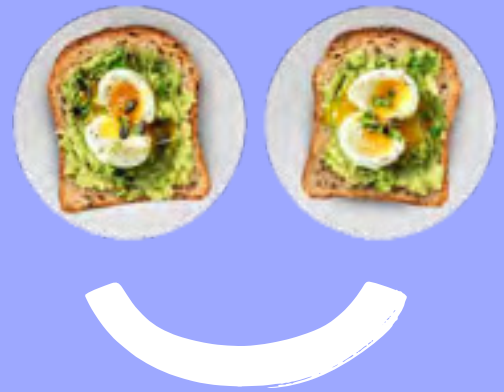


# Mind's Big Brunch!

 Mind in Harrogate District



## Get ready to host your Big Brunch

World Mental Health Day is 10 October. But a Big Brunch can make life feel better any day. So, gather guests. Butter the bagels. Craft the coffee. Smash the avocados. It's time to host your Big Brunch.

Your Big Brunch will make a big difference. From keeping our Infoline open for crucial calls to campaigning hard for better services across Harrogate and the District. Together, we're making sure no one faces mental health problems alone. What a brilliant way to make your catch up, laughter and coffee even more special. This letter is full of top tips to guide you through hosting a brunch your guests won't forget. Take a look and get in touch if you have any questions.



### Send out the invite

Confirm your date and then spread the word via WhatsApp, your company's intranet or hand out the invites included in this pack. You can find more by emailing Holly at [holly@mindinharrogate.org.uk](mailto:holly@mindinharrogate.org.uk). You're sure to put a big smile on someone's face.



### Plan your menu

Make hosting simple by planning a menu that everyone can enjoy – from fresh fruit and pastries to toast, pancakes, or savoury bites. Be sure to check in advance about any dietary requirements so everyone feels included. Allow yourself enough time to prepare before colleagues arrive, and remember that keeping things simple often works best. If catering for a larger group feels daunting, why not suggest a shared brunch where everyone brings along a favourite dish?

## Make fundraising fun

Inviting donations on the door is a simple and effective way to fundraise, and many colleagues will be glad to contribute towards supporting mental health in our community. Let people know how their support makes a difference, and use the opportunity to share the positive impact we can achieve together. To make your Big Brunch even more engaging, consider adding some light-hearted activities. Here are a few tried and tested ideas to help boost donations while keeping things fun.

- **Organise a raffle.** Contact local shops and businesses and ask them to donate prizes. People are often happy to help. Get in touch for an official letter to share with companies if you'd like one.
- **Plan some games.** How about guessing the number of blueberries in a bowl or guessing the secret ingredient in that smoothie. Or we love sweepstakes here at Mind in Harrogate District. Plan one that will work well for your crowd.
- **Plan a quiz.** Personalising questions will go down a treat. Your friends will be giggling into their glasses.
- **We're here to help.** If you have any questions or need fundraising support, email Holly at [holly@mindinharrogate.org.uk](mailto:holly@mindinharrogate.org.uk).

Please turn over



## Collecting and paying in donations

Please send your donations to us within 2 months of your Big Brunch. There are a few ways to do this.

- Please look out for our emails which will contain a link to our [JustGiving page](#). We recommend this secure, online option as an easy way to collect and track donations.
- Personalise your page by adding a picture and let everyone know why mental health means so much to you.
- Start sharing your page with friends, family and colleagues.
- Collect donations on the day. Make a transfer from your bank using one of the following methods:
- Pay the sum to your JustGiving page.
- Send us a cheque, payable to Mind in Harrogate District. Include a note to tell us your name and contact details, and that you took part in Mind's Big Brunch. Post your cheque to:

**The Acorn Centre**  
**101A Station Parade**  
**Harrogate**  
**HG1 1HB**

## Hosting on the big day

However you do it, we know you and your guests will have a great time. We'd love to see pictures of you and your spread so share online and add #MindsBigBrunch.

Remember, every pound you've raised will make life better for people affected by mental health problems. That's something you'll always be proud of.

Best wishes,  
The Mind in Harrogate District Team.



**Scan this QR code to  
find out more about  
Mind in Harrogate  
District.**

