



# Guide to Wellbeing and Fundraising at Home



In the wake of the coronavirus crisis, the need to support the mental health and wellbeing of children, parents and teachers is now even more vital. At Place2Be, we are working tirelessly to ensure that we can continue to support children and young people during this unsettling time.

If you're working remotely, this handy guide will provide you with lots of ways to fundraise at home and continue to support children's mental health at this difficult time.

## Virtual Challenge Events

Exercise is a great way to improve mental health as well as physical health. If you were training to take part in a run or trek which has been postponed or is no longer going ahead, or you're just looking for ways to keep active at home, try one of the following, either as a solo or team challenge:



### Running

Whether you're an expert or a beginner, head out for a run once a day and get sponsored to complete the distance of a marathon or half marathon over the course of a work week. Use a fitness app like [Strava](#) to track your distance and share your achievement on social media.



### HIIT Challenge

Set yourself the goal to complete a 30 day sponsored HIIT challenge using exercise videos or schedules from the internet. If you're in need of inspiration, check out [The Body Coach on YouTube](#).



### Trek

Replace the mountain with your staircase and commit to climbing a portion of the height every lunchtime over the course of a few days or weeks.



### Olympics Challenge

Get the whole family involved in a tournament of daily sporting events around the home – maybe an egg and spoon race around the kitchen, javelin with paper aeroplanes, or an obstacle course in the garden. You can make a scoreboard to keep track of who's winning the most games!

For more information or support on these, please contact [events@place2be.org.uk](mailto:events@place2be.org.uk)



## More ways to fundraise

If you're in the mood for something less active, why not try one of these ideas:

**FIND YOUR BRAVE**

### 'Find Your Brave' Show & Tell

Revisit the popular schools activity from Place2Be's Children's Mental Health Week 2020 – ask children and adults alike to share something themed around bravery; an object, photo, picture or story about them doing something where they Found their Brave, with a suggested £1 donation for Place2Be. [You can find our Show & Tell pack under Activities for Primary Schools.](#)



### Place2Create – art competition

Children and adults can get involved with this creative activity. Draw, paint, sketch or sculpt your favourite 'place to be' – perhaps your bedroom, in the garden with your family, or at the seaside! You can hold a competition where people donate to submit their entries, and offer a prize for the winning artists.



### Virtual coffee morning

Bring your friends, family or colleagues together over a coffee morning via video call. You can just have a chat to catch up, or you could focus the conversation on sharing tips and advice around maintaining positive wellbeing and mental health. Why not suggest that everyone taking part donates what they would normally spend on a takeaway coffee if they were going into work?



### Virtual concert

Share your musical talents by organising a post-work concert via a webinar. Family and friends can donate to purchase a 'ticket' and enjoy the evening from the comfort of their sofa.



### Lunchtime brainteaser

Beat the post-lunch slump with a fun, daily brainteaser. The theme can be something to do with your friends and family – for example, you could rally together photos of your groups' pets and get people to guess who their owner is! Friends and family can donate to play, and all correct entries from the week can be entered into a prize draw.



### Think outside the box!

Adapting to new routines and new ways of working means you can get creative with new ways to fundraise. You can always contact us for support and ideas.

## Ways to donate

There are lots of ways you can donate to Place2Be. You could [set up a JustGiving page](#), or donate via our website, a cheque, or bank transfer. If you have any queries at all on how make your donation, just get in touch.

## Further support and urgent help

We recognise that this is an uncertain and stressful time for everyone and their families, and that it is therefore an especially important time to be looking after the mental health and wellbeing of you and your loved ones.

Place2Be have [a range of free resources and advice on our website](#) such as blogs on communicating with children about the virus and looking after your family's mental health. If you need urgent support, you can find [an overview of organisations who can help in a crisis.](#)

Please ensure you adhere to the [Government's guidance on COVID-19](#) at all times when doing any activities.

