

A Big Brunch provide a wonderful opportunity to get your favourite people, colleagues or a community group together for a catch up, eat delicious treats and help raise funds and awareness for local mental health support!



HERE ARE SOME TIPS ON HOW TO ORGANISE A SUCCESSFUL BRUNCH

Before your event

- **Find a venue** - this could be your own home, staff room or local community hall. If using a public venue, please check to see if you need any licences.
- **Timing** – Think carefully about an event date that works for most invitees and try not to clash with major sports or cultural events.
- **Ideas** – Think about how to make the most of your fundraiser to raise as much as possible. Contact fundraising@tbmind.org.uk for a collection tin.
- **Promotion** – If you are holding a community tea party, spread the word by sharing details on social media and posters in local area.
- **Support** – Ask invitees to contribute by baking their favourite treat. Contact us for support on how to keep your fundraiser safe and legal. As you're likely to be selling cakes, it's a good idea to label ingredients or keep any packaging for food allergens. Visit Food Standards Agency website for further advice.

enclosed to find the most convenient way for you to send the amount raised to us.

- **Thanking** – remember to follow up with guests, volunteers or any sponsors to thank them and let them know how much was raised to support those in our communities who need help with their mental health.

Contact us

For more information or support please contact Thurrock and Brentwood Mind:

Call us on **01375 391411**

Email us at
reception@tbmind.org.uk
fundraising@tbmind.org.uk

During your event

- **Inspire** – plan a moment to say a few words about the support available at Thurrock and Brentwood Mind and how the money raised will help.
- **Fundraise** – include some fun activities like “guess the weight of the cake” or a game of heads or tails.

After your event

- **Banking** – It's a good idea to share responsibility for counting and recording the money raised. Check out our Ways to Get Your Money to Us handout

