



#LAMP5K

#STAYWELLWITHLAMP

#MENTALHEALTH

Let's talk about mental health
Lamp

10th – 16th May 2021

Together we can take Lamp around the world and raise awareness of mental health.

We aim to get 8,000 people walking, running or cycling a 5k, which is equivalent to the World's circumference.

Being active reduces stress, anxiety and depression so why not better your mental health and get active with Lamp and take part in our 5k event during mental health awareness week.

Fundraiser Pack

JOIN US FOR THE JOURNEY

www.lampadvocacy.co.uk/lamp5k

with thanks to
our lead sponsor

H&R
HINKLEY AND RUGBY
BUILDING SOCIETY

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FUNDRAISE FOR LAMP

WHO ARE WE?

What does Lamp do?

Lamp provides free community mental health advocacy for people living in Leicester, Leicestershire and Rutland as well as Carers Advocacy for people in these areas. Our aim is for you to feel valued, listened to and more able to cope, and to be able to access the services to support your needs through:



**EXPRESSING
YOUR VIEWS**



**UNDERSTANDING
MENTAL HEALTH**



**FINDING THE RIGHT
INFORMATION**



**KNOWING YOUR
RIGHTS**



**SUPPORTING
PEOPLE WITH
MENTAL HEALTH**



**SUPPORTING
CARERS**

What is mental health advocacy?

Mental health advocacy can support people who are looking to seek help with their mental health. Whether you have already been diagnosed with a mental health condition or experiencing early signs, if you're unsure where to turn, Lamp can help.

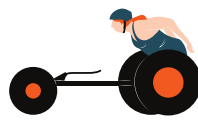
Lamp can support you in a range of ways, including helping you explain your needs relating to any mental health-related service provided through primary care e.g. GPs and NHS psychiatry departments.

Lamp, 65 Regent Road, Leicester, LE1 6YF
Registered Charity No. 702057

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WHY 5K?

Staying physically active can have positive effects on mental health. It can reduce stress, anxiety and other mental health issues, and increase self-esteem (Mental Health Foundation, 2020; NHS, 2019).



Lamp wants to raise awareness of the benefits physical activity can have on your mental health.

Lamp wants to encourage you to get active to better your mental health and increase your wellbeing by taking part in a virtual 5k activity of your choice. Walking, running or cycling may be the most common forms of exercise but feel free to be creative. Swimming, rowing or even a simple dog walk may be your thing. Or how about combine 3 activities together over the week for a Lamp Triathlon.

Mental Health Awareness Week is between the 10th - 16th May and themed around Nature and the Environment so make sure your activity involves being in the outdoors.



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FUN IDEAS



1K OR 5K A DAY

If you're new to exercise or want to see the world differently, why not try take a nice easy stroll in different locations and appreciate nature and the environment in your area

TRIATHLON

If you're already an avid runner, cyclist or swimmer why not challenge yourself and try all three in one day, or split it over the week



FANCY DRESS

Have a bit of fun, get the whole family involved and dress in something silly. Not only is this a great family or corporate activity. It will make everyone who passes by smile.

Remember : Smiling is another great way to feel better



RELAY OR MAP CHALLENGE

Have you had your recent holiday cancelled? Why not walk or cycle there virtually. Another great challenge for family, friends or colleagues to get involved in. Collectively you can reach your holiday destination!

Week 1

Total Distance	Money Raised
18.7 mi	£410

Farthest Individual Distance
Scar Howes - 50.4 mi

Antwerp



Week 2

Weekly Distance	Weekly Raised
556.1 mi	£45
Total Distance	Total Raised
889.7 mi	£455

Farthest Individual Distance
George Tennent - 77.7 mi

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PLUS SO MUCH MORE

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GETTING STARTED

Set up your fundraising page on our preferred site

Our 5k campaign is live on Virgin Money Giving.
You can donate or set up fundraiser on the link below



Other fundraising platforms



We would love to hear from you so please do inform us of any fundraising efforts so we can share your posts and support you!

Donation Payments

If you use Virgin Money Giving, GoFundMe, Tiltify or Facebook to collect donations then this will be transferred automatically. So, as long as you have selected **Leicestershire Action for Mental Health Project**, you just need to create your page and share!

05 SHOP AND SUPPORT

Whether you want new running shoes, new fitness accessories or simply a new outfit you can now support us as you shop

Support Lamp by telling your friends, family and colleagues to shop on Smile.Amazon.co.uk.



When you next make a purchase please use Amazon Smile and select **Leicestershire Action for Mental Health Project**. It costs you nothing but Amazon will make a small donation to us.

Thank you



Easy Fundraising allows us to raise donations directly with big retailers. You can even raise money purchasing insurance and holidays!

Download the easyfundraising App and shop away

[Click Here to register and raise a free £5 donation for Lamp](#)

COMING SOON!



Don't forget to purchase our Lamp 5K Tshirt with a donation going directly to Lamp



Amazon Smile, EasyFundraising and The Funk Academy raise the donation on your behalf and automatically transfer this to us. So, all you need to do is start shopping

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HOW YOUR DONATION BENEFITS LAMP?

£10 FUNDS

30 MIN PROFESSIONAL MENTAL HEALTH SUPPORT FOR SOMEONE
IN NEED

£75 FUNDS

PROVIDES A FULL DAY OF ADVOCATE SUPPORT

£450 FUNDS

A FULL TIME SPECIALIST MENTAL HEALTH SERVICE FOR ONE
WEEK AND COULD SUPPORT UPTO 50 PEOPLE IN NEED

ANY SUPPORT YOU CAN GIVE WILL HAVE A HUGE IMPACT TO SOMEONE IN NEED



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WITH THANKS TO OUR HEADLINE SPONSOR AND EVENT PARTNERS



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