



JustGiving™



9TH - 15TH MAY 2022

FUNDRAISING

LAMP 5K CHALLENGE

Together we can take a trip to the moon and shine a light on Lamp and mental health awareness

THE GOAL

During Mental Health Awareness Week (9th - 15th May 2022) Lamp is encouraging everyone to take part in a 5k or more activity of their choice to raise awareness of Lamp's advocacy and the benefits of physical exercise leading to better mental wellbeing.

We want as many people as possible from around the world to take part and achieve an accumulative total of 384,400KM which is the distance from Earth to the Moon.

HOW TO DONATE /FUNDRAISE

We aim to raise £1 for every KM achieved to provide much needed support to those struggling to access mental health services across Leicestershire.



Please keep reading for some creative ways to fundraise and get involved.

Its quick and simple to donate or set up a JustGiving Fundraising Page - Simply search

www.justgiving.com/campaign/lamp5k

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HOW CAN I LOG MY MILES?

Join our [Lamp 5k Strava Group](#) or

Log your miles via our [Lamp 5k WellGiving Platform](#)

(The Wellgiving Platform also allows you to set up your own challenges, fundraise or run your own map based challenges and either work together for an overall goal or compete against your own teams)

Contact info@lampdirect.org.uk to help you set up for your own challenge but contribute to our total



Lamp 5K Club		
Week of 10 May 2021 - 16 May 2021		
Activities	Distance	Time
7759	85,092.4km	7725h 9m
Elevation		
646,001m		
STRAVA		View all of the club's activity »

wellgiving

WHO ARE LAMP?

WHAT IS ADVOCACY?

MENTAL HEALTH ADVOCACY

Leicestershire Action for Mental Health Project (Lamp) provide independent community mental health advocacy to people living in Leicester, Leicestershire and Rutland.

OUR MISSION IS TO NAVIGATE PEOPLE THROUGH THE COMPLEXITIES OF MENTAL HEALTH SUPPORT AND EMPOWER THEM TO REBUILD THEIR LIVES.

Our advocacy service seeks to ensure that people suffering with mental health issues are able to:

- Have their voice heard on issues that are important to them
- Protect and promote their rights
- Have their views and wishes genuinely considered when decisions are being made about their mental health treatment, care and support

Our Advocates work independently from any local authorities or health/social care professionals/teams, and so people accessing our services can be confident that our main focus is to keep them at the very centre of their mental health journey.

Let's talk about mental health
Lamp



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EVENT PARTNERS

LAMP 5K CHALLENGE

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MENTAL HEALTH AWARENESS WEEK - LONELINESS

2022 Mental Health Awareness Week will explore the experience of loneliness, its effect on our mental health and how we can all play a part in reducing loneliness in our communities.

Loneliness affects millions of people in the UK every year and is a key driver of poor mental health. The Foundation's Mental Health in the Pandemic research has found that loneliness has been exacerbated by the Covid pandemic. The Foundation has been tracking loneliness levels in the UK during the pandemic and found the experience has been much higher with a devastating impact. Loneliness has been an important factor contributing to higher levels of distress, resulting from people's sense of isolation and reduced ability to connect with others. Further polling also found that loneliness was one of the leading issues that the public felt needed to be addressed.

Encouraging your friends, family members, colleagues and communities to get involved in the 5k campaign is a practical step we can take to address loneliness. Reducing loneliness is a major step towards a mentally healthy society.

[MENTAL HEALTH FOUNDATION ANNOUNCES 'LONELINESS' AS THEME FOR MENTAL HEALTH AWARENESS WEEK 2022 | MENTAL HEALTH FOUNDATION](#)

THANK YOU TO OUR EVENT PARTNERS



HEADLINE PARTNER



15+ CHOICE
SAFETY TRAINING
& CONSULTANCY





Let's talk about mental health

Lamp
5K

TRIP TO
THE MOON

SPONSORED BY
H&R
HINCKLEY AND RUGBY
HARNESS SOCIETY

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GET INVOLVED

01

1K A DAY / 5K A DAY

Challenge yourself to 1k a Day or 5k Day of an activity of your choice during Mental Health Awareness Week.



02

MOON THEMED DRESS

Try a 5k activity in fancy dress

- Moon landing
- Moon boots
- Space Suit
- Rocket
- Pajamas
- Storm Trooper / Star Wars
- Dress as a giant moon / Hold a giant moon



03

MAP BASED / DISTANCE CHALLENGE / RACE

Compete or collectively reach a virtual destination with the help of the [wellgiving platform](https://www.wellgiving.org.uk) - Email info@lampdirect.org.uk to help set up a challenge



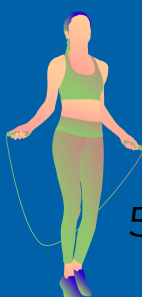
- Leicester to Tokyo
- 50KM in a week!

04

TRIATHLON / DECATHLON

Try something different, or try 3 to 10 activities in one day.

Row, Skip, Dance, Hop, 3 Legged, Hula Hoop, Weighted Walk



5K

ULTRA 5K CHALLENGE

5k every hour on the hour for 5 hours
or

5k every 5 hours for 50 hours



06

ORGANISE YOUR OWN MOON THEMED EVENT

5k doesn't need to be taxing. Shopping, dog walking, push chair, golf etc., can easily become a 5k. However if exercise isn't your thing, then why not make use the theme of the moon and do something different to fundraise for Lamp and raise awareness of mental health. Bake and sell moon cakes. Host moon-themed art or craft workshop. Be creative.



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GET INVOLVED

SHOP AND SUPPORT

Whether you want some new sportswear, a fancy dress costume or fitness accessories; you can now support us as you shop.

AMAZON SMILE



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.

EASYFUNDRAISING



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

LAMP 5K OFFICIAL T-SHIRT

Lamp has partnered with the Funk Academy to produce our official 5k event T-shirts so get yours today and raise £3 for every T-shirt sold.



Talk T-shirt's and Hoodies are also available with a donation being raised for Lamp.

BUY HERE - THE FUNK ACADEMY



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.

TAG AND SHARE

WE WANT TO HEAR FROM YOU

#LAMP5K
#STAYWELLWITHLAMP
#MENTALHEALTH



@LAMPADVOCACY



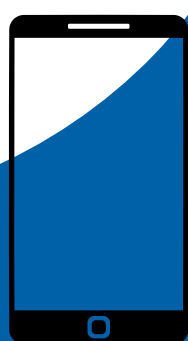
@LAMPMENTALHEALTH



@LAMPLEICESTER



@LAMPCHARITY





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WWW.LAMPADVOCACY.CO.UK/LAMP5K

GET INVOLVED



Individual? - Join our Lamp 5k Strava Group - Search 'Lamp 5k Club'

Group or business? - Manually upload your collective miles on [wellgiving](https://link.wellgiving.co.uk/lamp5k). link.wellgiving.co.uk/lamp5k

MONDAY 9TH MAY

9:30am 5k Canal Walk with barefoot walker, Stewart Bint, starting from the Space Centre

3pm - Wellbeing Event with Oadby/Wigston Council
The Wincester Pool and Snooker Club, Wigston
LE18 2AA

6pm Macildowie 5k Run at Bradgate Park



Macildowie
RECRUITMENT AND RETENTION

TUESDAY 10TH MAY

10am - 4pm - Tesco Extra - Ashby, LE65 1TE
7:30pm - Curry Night at Cuisine of India, Wigston



WEDNESDAY 11TH MAY

10am - 4pm - Tesco Extra - Ashby, LE65 1TE

11am - Botanic Gardens Walk with barefoot walker, Stewart Bint



THURSDAY 12TH MAY

10am - 4pm - Tesco Extra - Ashby, LE65 1TE

FRIDAY 13TH MAY

10am - 4pm - Tesco Extra - Ashby, LE65 1TE

7pm - 5k Swim at David Lloyd Meridian with Jenny at RHCP



Rutland House
Counselling & Psychotherapy

SATURDAY 14TH MAY

11:45am - Claredon Park to Everard Meadows 5k walk with Cool as Leicester and barefoot walker, Stewart Bint



SUNDAY 15TH MAY

CHARNWOOD FOREST CYCLE RIDE 2022

Supporting Alex's Wish

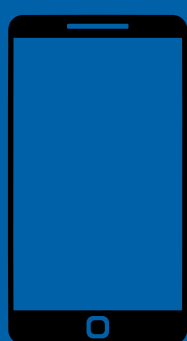
A 10, 20 OR 50 MILE BIKE RIDE AROUND THE BEAUTIFUL CHARNWOOD FOREST, THE HOME OF ALEX'S WISH. STARTING AT 'ROTHLEY VILLAGE CENTRE' IN ROTHLEY, LEICESTERSHIRE, THE ROUTE IS ALL ON OPEN ROADS AND IS WELL SIGN-POSTED AND BECAUSE THE EVENT TAKES PLACE ON A SUNDAY MORNING THE ROADS TEND TO BE VERY QUIET WITH TRAFFIC.



REGISTER: ALEXSWISH.CO.UK

TAG AND SHARE
YOUR INVOLVEMENT

#LAMP5K
#STAYWELLWITHLAMP
#MENTALHEALTH



@LAMPMENTALHEALTH



@LAMPADVOCACY



@LAMPLEICESTER



@LAMP CHARITY

