



Climbing Mountains for Mental Health

Lamp 5K

FUNDRAISING PACK

15TH - 21ST MAY 2023

LAMP 5K CHALLENGE

Together we can overcome our mental health mountains, and raise £29,000 for Lamp to support mental health in our community

THE GOAL

During Mental Health Awareness Week (15th - 21st May 2023) 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 to conquer a mountain whether that be physical, virtual or metaphorical.

IT COSTS LAMP £750 TO EMPOWER SOMEONE TO REBUILD THEIR LIFE AFTER MENTAL ILL HEALTH. WITH EVER MORE DEMAND, WE NEED YOUR HELP



HOW TO DONATE /FUNDRAISE

We want you to come up with your own challenge around the theme of 'Mountains for Mental Health' to raise funds 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/lamp5k2023](#)

JustGiving



Text LAMP5K to 70085 to donate £5

Texts cost £1 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and text. If you'd like to give £10 but do not wish to receive marketing communications, text LAMP5K10 to 70085

HOW CAN I JOIN OR LOG MY MILES OR INVOLVEMENT?

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

visit the Lamp 5k webpage www.lampadvocacy.com/lamp5k and tell us how you're taking part

Contact info@lampdirect.org.uk to help you set up for your own challenge and 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 »



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.

REGISTERED CHARITY NO 702057



LAMP 5K CHALLENGE

Together we can climb mountains for mental health

MENTAL HEALTH AWARENESS WEEK - ANXIETY

The theme of this year's Mental Health Awareness Week is Anxiety

Anxiety is a normal emotion in us all, but sometimes it can get out of control, become a mental health problem and feel like a mountain to climb.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey, carried out by the Mental Health Foundation, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time.

Whether you're looking to help manage your anxiety or some ones else', Lamp recognise that mental illness support can seem like a huge mountain to climb and we want to empower individuals to get involved this mental health awareness week and climb this mountain together!

By encouraging your friends, family members, colleagues and communities to get involved in the 5k campaign is a practical step we can take to address anxiety, whatever that may look like for someone.

It's important to realise that for some, stepping out their front door is a mountain

THANK YOU TO OUR EVENT PARTNERS

HEADLINE PARTNER



EVENT PARTNERS



PETE MARTIN
PHOTOGRAPHY



SARAH HIGGINS
CORPORATE COACHING



Michael Cummins. EMPLOYMENT SOLICITORS

REGISTERED CHARITY NO 702057



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Lamp 5K

GET INVOLVED

TAKE PART IN A CHALLENGE TO SUPPORT LAMP DURING MENTAL HEALTH AWARENESS WEEK



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

MAP BASED / DISTANCE CHALLENGE / RACE

- Complete or collectively conquer a physical or virtual mountain. Check out some Mountains on Wikipedia [List of mountain ranges - Wikipedia](#)



Leicester to The French Alps

Virtual climb up the Rocky Mountains - Achieve 4,830 km

Physical challenge up Snowdonia

Yorkshire 3 Peaks Challenge

Explore some adventurous challenges with [dream-challenges.com](#)

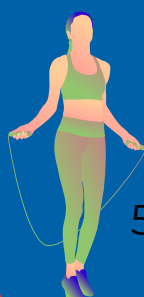


03

TRIATHLON / DECATHLON

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

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



04

ULTRA 5K CHALLENGE

5k every hour on the hour for 5 hours
or
5k every 5 hours for 50 hours



05

LEARN A NEW SKILL OR ORGANISE YOUR OWN MOUNTAIN 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. How about learn a new skill. Bake and sell mountain themed cakes. Host mountain-themed art or craft workshop. Be creative. **JustGiving**



It's quick and simple to set up a JustGiving Fundraising Page - Simply search www.justgiving.com/campaign/lamp5k2023

REGISTERED CHARITY NO 702057

Let's talk about mental health
Lamp



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Lamp 5K

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.

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.

COMING SOON



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

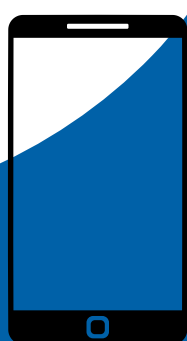
#LAMP5K
#STAYWELLWITHLAMP
#MENTALHEALTH



@LAMPMENTALHEALTH



@LAMPADVOCACY



@LAMPLEICESTER



@LAMPCHARITY



REGISTERED CHARITY NO 702057



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Lamp 5K

15TH - 21ST MAY 2023
WWW.LAMPADVOCACY.CO.UK/LAMP5K

GET INVOLVED



TAKE PART IN A CHALLENGE TO SUPPORT LAMP
DURING MENTAL HEALTH AWARENESS WEEK



STRAVA

Get involved - Join our
Lamp 5k Strava Group -
Search 'Lamp 5k Club'



MONDAY 15TH MAY

11am-2pm - Loughborough wellbeing Centre - Information Stand

7:30pm - Curry Night - Join us for an evening curry with all our supporters - Cuisine of India, Wigston. Book via Lamp Website

WEDNESDAY 17TH MAY

11am - Walk round Braunstone Park (5k) - Just Turn Up

12pm - Lamp Business Club meeting - Winstanley House - Register via Lamp Website

FRIDAY 19TH MAY

10am - Join us at Outdoor Pursuits Centre to take on some challenges! Climb, abseil or take on the aerial obstacle course! Great networking event also. Register via Lamp Website

2pm/3pm/4pm - Take your team on the challenge. Private corporate challenges or individual sessions. Choose your time slot
£15 donation per person

SATURDAY 20TH MAY

Victoria Park - 5k Park Run - 8:45am

Grab your Lamp 5k T-shirts and walk/run with us

We're taking over ParkRun on this day and need Marshalls to volunteer so if you don't want to run but still support us, we need you so please do get in touch.

If you're not registered with Park run, download the app and register today



VOLUNTEERS REQUIRED

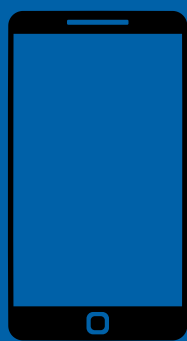


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TAG AND SHARE YOUR INVOLVEMENT

#LAMP5K
#STAYWELLWITHLAMP
#MENTALHEALTH



@LAMPMENTALHEALTH



@LAMPADVOCACY



@LAMPLEICESTER



@LAMP CHARITY



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