

Mental  
Health  
UK

# Reach Your Peak



Keep your resolutions  
this new year and  
support Mental Health UK

# New year, new you!

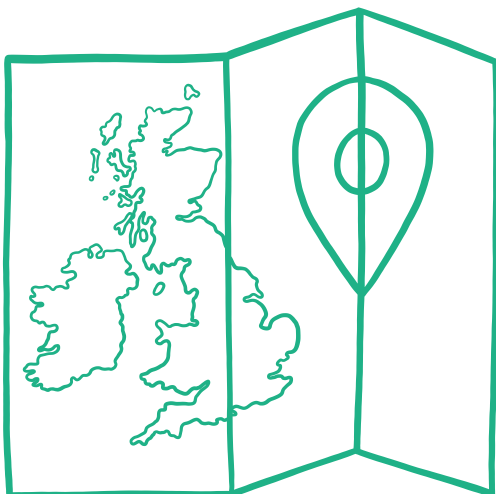
Every year, people start the new year with good intentions to keep healthy resolutions, but two thirds of us in the UK admit to stopping before the end of January. At Mental Health UK we want to harness the power of teams to help us all keep those healthy habits going well into the new year. To do this, we're encouraging you and your colleagues to commit to Reach Your Peak together in January 2020.

We're asking you to do this because statistics suggest that 1 in 4 of us in the UK will experience a mental health problem in the coming year. Please fundraise for us while you Reach Your Peak. You'll help us reach more people with vital support, advice, and information in 2020.

## What is Reach Your Peak?

Reach Your Peak is a team fundraising event, accumulating distance over a month in whatever way you choose. All you need to do is:

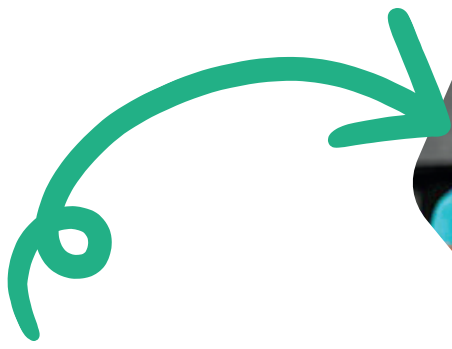
- Get a group of colleagues together before Christmas to agree an activity to take part in. Keep it simple: it could be as easy as motivating each other to hit a daily/weekly step target, or you could get together with other runners or cyclists.
- Nominate a representative to email [events@mentalhealth-uk.org](mailto:events@mentalhealth-uk.org) for additional support and ideas.
- Choose a peak to reach over the month of January, or a target each week. We have some suggestions on the next page.



**"If you want to go fast, go alone. But if you want to go far, go together."**

*African Proverb*

- Make it public for that extra motivation! Set up a JustGiving page and let people know what you've got planned. It will help to keep you and your colleagues on track by raising money for Mental Health UK.
- Keep each other going in January – monitor each other's progress, or pair up to support each other to Reach Your Peak.



## How far will you go?

We recommend getting a team of 3-5 people to agree a plan before Christmas. A group of that size will keep you on track when you get to the New Year. Depending on what you choose, you could:

- Ask your team to climb 10 sets of stairs every day in January
- Commit together to 10,000 steps a day. The number of steps up Mount Everest is 58,070.  
So you could climb Everest as a team every week!
- If you're a cycling group, try and cover the distance from Land's End to John O'Groats over the month (874 miles).  
Start with the distance Coast to Coast (182 miles) if this seems too much!
- Aim to swim the distance across the English Channel and back (42 miles).



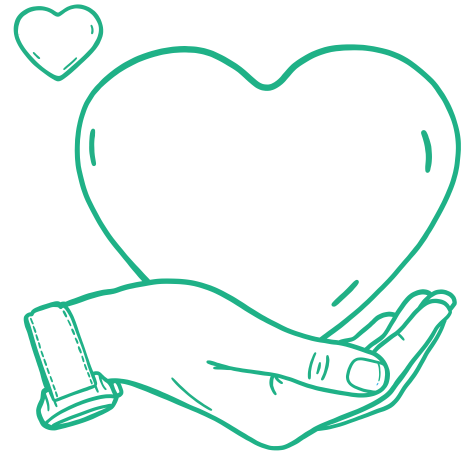
## Forward together for Mental Health UK - next steps

1. Setting up a **JustGiving** page will help you all to keep on track by gathering extra support from friends and family. You can use the following wording to let people know the difference their donations will make:  
**"Each year 1 in 4 of us in the UK is affected by a mental health problem. Your donation will help more people access mental health support, advice, and information. Thank you!"**
2. Get the ball rolling by getting each member of your team to make a donation to your page before you share it with colleagues, friends, and family.
3. Track your progress. Print out your **Reach Your Peak poster** and keep it up-to-date with what each team member has achieved as well as updating your JustGiving page every week.
4. Share your achievements on social media using **#ReachYourPeak**.
5. Double your fundraising total by applying for **matched funding** if your employer offers this.

# We're here to help

If you have any questions, get in touch with our friendly events team. Call 0207 840 3021 or email [events@mentalhealth-uk.org](mailto:events@mentalhealth-uk.org).

We have a limited amount of branded merchandise that we can supply you with. Contact us if you would like T-shirts, balloons, fundraising guides and templates for bunting.



## You can make a difference

**£10** could pay for 10 handbooks to support young people to learn about mental health and how to help a friend who may be in need.

**£50** could provide materials for art therapy sessions, helping people relax and build new friendships.

**£150** could allow 57 people at one of our support groups to take part in 5 sessions to learn gardening skills



[events@mentalhealth-uk.org](mailto:events@mentalhealth-uk.org)  
[mentalhealth-uk.org](http://mentalhealth-uk.org)

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