



Wellness Coffee Morning Fundraising Pack



 **Mind**
South Kent

Charity Number: 1089472



Thank You!

Firstly, we'd like to say a big thank you for wanting to get involved with our South Kent Mind Wellness Coffee Morning. February 6th is an annual awareness day that means a lot to us here at South Kent Mind - it is Time To Talk Day. A day dedicated to talking openly and encouraging conversations about mental health.

Over the last decade, Time To Talk Day has been the nation's biggest mental health conversation. It's a day for friends, families, communities, and workplaces to come together and talk, listen and change lives.

Want to get involved? Hosting a Wellness Coffee Morning is easy! Choose a date around Time To Talk Day, gather colleagues, family, or friends, and let's talk about mental health together. Your support helps South Kent Mind provide free support to those struggling with their mental health.

In this pack you will find everything you need to organise your Wellness Coffee Morning but if there is anything else you need please email our Fundraising Officer – joe.tolhurst@southkentmind.org.uk who is happy to assist you!



mind
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How your money can help South Kent Mind!



£10 could enable us to support someone in a session.



£20 could provide support for a young person.



£40 could provide activities for a day for someone.

 **Mind
South Kent**

How to hold a Wellness Coffee Morning for South Kent Mind!

Host your own coffee morning with pastries, cakes, coffee, and tea! Arrange a small event with close friends or colleagues or a large event with the community! No matter what you choose to do or how much you raise, every penny will make a difference to those struggling with their mental health. Follow these simple steps to get involved...



1 Choose your venue! It could be at work, at home, or a local community centre.



2 Pick your date, Time To Talk Day is Thursday 6th February, but we understand this date might not work for everyone. So, just arrange it when you can!



3 Spread the word! Use our editable posters to invite people, and make sure to give plenty of notice!



4 Get online! Make sure you're telling everyone about your event on social media, and be sure to tag South Kent Mind so we can repost!



5 Ask others to get involved by baking or purchasing food items and refreshments. Or you could get in touch with your local supermarket to see if they would donate!



6 Think of extra activities to boost your fundraising! How about a quiz or raffle?



7 Think 'Wellness', why not use our Wellness Bingo, or see if you can include a walk among nature, or even some yoga!



8 Finally - enjoy the day! Enjoy getting together and sharing community kindness, all for a great cause!



Resources!

We have made some helpful Wellness Coffee Morning resources to help promote and decorate your event.

These include:

- **A Wellness Coffee Morning poster to promote your event.**
- **Wellness Bingo.**
- **Wellness Coffee Morning bunting template.**
- **Social Media Assets.**

**To receive these resources, please contact our Fundraising Officer, Joe, at:
joe.tolhurst@southkentmind.org.uk**

If you require anything further, such as donation tins, buckets, or leaflets about South Kent Mind, we will be happy to provide this for you.





After the event!

A huge thank you and well done on successfully organising your Wellness Coffee Morning for South Kent Mind! Your amazing efforts mean fewer people will have to face mental health problems alone. Here are some post-event tips:

- Thank everyone who donated, contributed, or took part in any way shape or form, and let them know how much you successfully raised!
- Make sure you shout out the total raise on social media, and be sure to tag us:



South Kent Mind



@southkentmind



Finally, here to how to safely submit your donations to South Kent Mind:

Payment by cheque, or card, please.

If you wish to send a cheque, please write your name, event, and contact details on the back so we can thank you.

Please send to: South Kent Mind, 24-26 Dover Road, Folkestone, Kent, CT20 1JQ.

If you would like to make a credit card, or debit card payment over the phone, please call: 01303 250090

Please make sure all donations are sent within two months of your event.



Thank You!

Finally, we would like to say another huge thank you from all the team at South Kent Mind for your involvement with Time To Talk Day 2025.

The money raised at your Wellness Coffee Morning can help us ensure that nobody faces their mental health challenges alone.

Thanks to supporters like you, we can support more people who need us, answer more phone calls, and speak louder for everyone affected by mental health in South Kent.

Keep in touch!



@southkentmind



01303 250090



contact@southkentmind.org.uk

In aid of
 **mind** South Kent