

HELP MAKE COLOURFUL, MAGICAL MEMORIES TO CELEBRATE GOOD MENTAL HEALTH

As Teesside's leading mental health charity, we support over 15,000 local people every year including hundreds of children.

Our dedicated team supports children from as young as five who are struggling with depression and anxiety, low self esteem and stress, alongside many other more complex emotional issues.

Our colour runs celebrate happiness, health and positivity

Want to get involved? Then why not help us host a colour run for a local school?.



Speak to us about event volunteering opportunities too!

In aid of
 **mind**
Middlesbrough
and Stockton

How can you help?

For just £500 you can sponsor a school, enabling us to:

- stage the run with enough powder to create clouds of colour for the children
- award each child a certificate complete with wellbeing tips
- deliver a mental health and wellbeing assembly

What will you get?

For every school you sponsor you'll get:

- your logo and a link to your business/service on our website
- use of our charity associate logo to use on your website
- tags in all social media posts leading up to colour run, in stories on the day and in the post event activity
- signage at the event with your logo
- a certificate acknowledging your support
- the chance to attend the mental health and wellbeing assembly at your chosen school

What to do next

Reach out to Claire or Hannah on 01642 257020 to find out more and be matched with a school or email

fundraising@middlesbroughandstocktonmind.org.uk



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