

It's World Mental Health Day on 10th October 2018

and the focus is on young people's mental health in a changing world.

Here at Centre for Fun and Families we regularly see the impact that anxiety can have on young people, their families and their futures.

Support our Overcoming Anxiety appeal

This World Mental Health Day we want to help more young people who are struggling with anxiety. Our Overcoming Anxiety programme has helped over 100 young people since it was introduced 2 years ago.

Demand for funded course places is high, but we know it changes lives. We want to add one extra place onto each of our courses, but we can't do this alone.

Will you help us?

It costs £258 for one young person to take part in the 8 week Overcoming Anxiety programme. Will you help us to fundraise for more places for local people? Every penny you raise will help local young people to overcome the anxiety that's holding them back from the life they want to lead.

Donation Form

Please make your cheque payable to 'Centre for Fun and Families' Amount: £.....

Title: First Name: Surname:

Address:

Postcode: Email: Phone:

Make your gift worth 25% more at no extra cost to you!

Gift Aid allows The Centre for Fun and Families to claim back from HMRC on all your donations. For every £1 you give, they'll add an extra 25p from your taxes and it doesn't cost you a penny.

Yes!

I am a UK taxpayer and I would like The Centre for Fun and Families to treat all donations I have made for the four years prior to this tax year and all donations I make from the date provided, until I notify you otherwise, as Gift Aid donations. I understand that I must have paid an amount of income tax and/or capital gains tax at least equal to the tax that all charities or Community Amateur Sports Clubs (CASCs) will reclaim on my donations for that tax year. Please note that VAT and Council Tax do not qualify to cover Gift Aid claims.

Signature: **Date:**



Be a fundraiser

Here are some ideas to get you started:

Bake sale at school, college or your workplace – it could be a straight forward cake sale or a Great British Bake Off style competition (and as it's for charity the calories don't count!)

Dress down day...or dress up day! Pay a donation to wear what you like or pick a theme like onesies, super heroes or make it a PJ day

Run the Leicester Marathon (half or full) – over 16's can sign up to run the Leicester Full or Half which is taking place on Sunday 14 October. Email us at centre@funandfamilies.org.uk and we'll send you all the details.

Motivator: Each time we reach another £258 it means another local person will receive help with their anxiety.



Tell us about it!

We would love to hear about how you are supporting our Overcoming Anxiety appeal.

Look out for our posts and tweets in the run up to World Mental Health Day on 10 October – let's get people talking about Mental Health!

Be social with us:



and remember to use the #WorldMentalHealthDay

How to make a donation

You can complete your information on the front of this leaflet and send us a cheque or make a donation via our website: <http://funandfamilies.co.uk/cff2014/donations/>

Centre for Fun and Families Ltd is a registered charity dedicated to helping parents, carers and young people overcome behavioural and communication difficulties within their families.

Find out more about us at www.funandfamilies.co.uk

Centre for Fun and Families Ltd 177-179 Narborough Road,
Leicester LE3 0PE. Tel: 0116 2234254
Registered Charity number 1128547



Working with and supporting families since 1990