



WALK, TALK & SHINE FUNDRAISING PACK

Information Pack

2021

Shine a light in aid of Mental Health
10th September - 10th October 2021
Join our WALK, TALK & SHINE EVENT on the 10th October

TALK

www.lampadvocacy.co.uk/shinealight
You can be the light in someone's darkness #shinealight

01

FUNDRAISE FOR LAMP**WHO ARE WE?**

What does Lamp do?

Lamp provides free community mental health advocacy for people living in Leicester, Leicestershire and Rutland as well as Carers Advocacy for people in these areas. Our aim is for you to feel valued, listened to and more able to cope, and to be able to access the services to support your needs through:



**EXPRESSING
YOUR VIEWS**



**UNDERSTANDING
MENTAL HEALTH**



**FINDING THE RIGHT
INFORMATION**



**KNOWING YOUR
RIGHTS**



**SUPPORTING
PEOPLE WITH
MENTAL HEALTH**



**SUPPORTING
CARERS**

What is mental health advocacy?

Mental health advocacy can support people who are looking to seek help with their mental health. Whether you have already been diagnosed with a mental health condition or experiencing early signs, if you're unsure where to turn, Lamp can help.

Lamp can support you in a range of ways, including helping you explain your needs relating to any mental health-related service provided through primary care e.g. GPs and NHS psychiatry departments.

Lamp, 65 Regent Road, Leicester, LE1 6YF
Registered Charity No. 702057

02

SHINE A LIGHT

10th September marks Suicide Prevention Day, closely followed by World Mental Health Day on the 10th October.

LAMP's shine a light campaign seeks to encourage people to call, message or reach out and emphasise the importance of a conversation.

Put a light on to anyone in need and who needs to talk.



Why shine a light?

#It represents you can be the light in someones darkness

#It represents being seen

#It represents that your light is on to anyone in need



How to get involved?

Between 10th September to 10th October we want you to reach out to your friends, family and colleagues and light up their phone with a conversation and a positive message.

WALK TALK SHINE EVENT

To highlight the end of the campaign, we want you to join us for a walk round Victoria Park on the 10th October, 7pm, with your phone lights shining bright

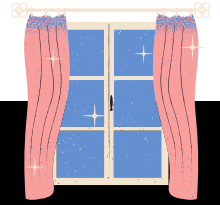
You can register your attendance for our event on :

[Shine a light for Lamp Campaign Tickets, Sun 10 Oct 2021 at 19:00 | Eventbrite](#)

Or if you can't attend - why not organise your own walk, talk and shine event?

03

FUN IDEAS



LIGHT UP YOUR WINDOW



Why not put positive words in your window and light them up for your neighbours to see

ORGANISE YOUR OWN WALK, TALK AND SHINE EVENT



Get your friends, family or colleague together and go for a walk and shine your lights bright as a way to raise awareness and talk about mental health

SHINE YOURSELF UP

Have a bit of fun, get the whole family involved and dress yourself with as many lights or florescent clothing as possible. Take yourselves on a walk, or simply take selfies and share on social media or with friends. Not only is this a great family or corporate activity. It will make everyone smile.

Remember : Smiling is another great way to feel better



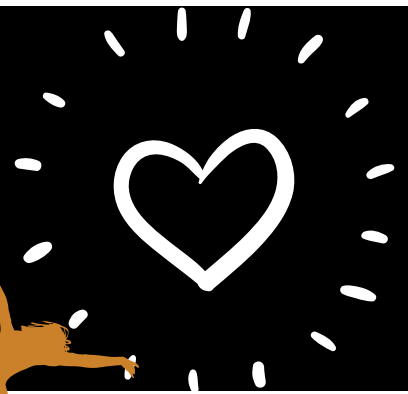
A NIGHT OF NO SLEEP



Why not organise an all nighter and keep your phone on to anyone that needs to talk

BE CREATIVE

Write a **blog**, record a **vlog**, **draw**, **paint**, **sing**, **dance**, **act** on the theme of shine a light. We want to raise awareness about the power of a conversation and would love to see what you can do.



PLUS SO MUCH MORE



04

GETTING STARTED

Set up your fundraising page on our preferred site

Our Shine a light campaign is live on JustGiving. You can donate or set up fundraiser on the link below

JustGiving™



Other fundraising platforms



We would love to hear from you so please do inform us of any fundraising efforts so we can share your posts and support you!

Donation Payments

If you use JustGiving, Virgin Money Giving, GoFundMe, Tiltify or Facebook to collect donations then this will be transferred automatically. So, as long as you have selected **Leicestershire Action for Mental Health Project**, you just need to create your page and share!

05 SHOP AND SUPPORT

Whether you want to purchase new lights, florescent clothing or candles for your fundraising activities you can now support us as you shop

Support Lamp by telling your friends, family and colleagues to shop on Smile.Amazon.co.uk.



When you next make a purchase please use Amazon Smile and select **Leicestershire Action for Mental Health Project**. It costs you nothing but Amazon will make a small donation to us.
Thank you



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

[Click Here to register and raise a free £5 donation for Lamp](#)

Talk T-Shirt

The Funk Academy & Lamp TALK IS POSITIVE (black) (m) | The Funk Academy.

Don't forget to purchase the Lamp Talk T-shirt with a donation going directly to Lamp



Amazon Smile, 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

06

HOW YOUR DONATION BENEFITS LAMP?

£10 FUNDS

30 MIN PROFESSIONAL MENTAL HEALTH SUPPORT FOR SOMEONE
IN NEED

£75 FUNDS

PROVIDES A FULL DAY OF ADVOCATE SUPPORT

£450 FUNDS

A FULL TIME SPECIALIST MENTAL HEALTH SERVICE FOR ONE
WEEK AND COULD SUPPORT UPTO 50 PEOPLE IN NEED

ANY SUPPORT YOU CAN GIVE WILL HAVE A HUGE IMPACT TO SOMEONE IN NEED



Lamp, 65 Regent Road, Leicester, LE1 6YF
Registered Charity No. 702057