



Mood Walk in Schools - Information Sheet

Walking is one of the best ways to improve your mood and look after your mental health, which is why the AWARE Mood Walk events are so positive and enjoyable.

The Mood Walk in your school should be a fun event for all teachers and pupils to be involved in. These simple steps tell you how to organise an AWARE Mood Walk:

- ☼ We have included two AWARE Mood Walk t-shirts in this pack. These are for the two teachers who are leading the walk.
- © The AWARE Mood Walk can be a 3k or 5k the length and route is entirely up to your school.
- © Incorporate a warm-up routine with music before the walk begins and then a cool-down session when everybody has completed the walk. Perhaps you could even have music playing during the walk using portable speakers.
- © Pupils are encouraged to wear something bright for the Mood Walk or have their faces painted with bright colours.
- © We would ask each pupil to donate £2 and for the whole school to raise as much money as possible for those living with depression and bipolar disorder across Northern Ireland.

"1 in 10 young people aged 5 -16 years suffer from a diagnosed mental health disorder."





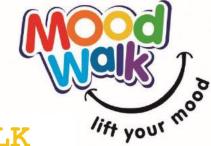
We are hosting an AWARE
Mood Walk to help raise
money for young people
and adults with depression
in Northern Ireland.

"45,000 children and young people in Northern Ireland have a mental health need at any one time. That's 1 in 6 of the population."



www.aware-ni.org





AWARE SCHOOL MOOD WALK SPONSORSHIP FORM

Your child has been invited to take part in a 'Mood Walk' with their school in support of mental health charity, AWARE. The aim of the Mood Walk is to highlight how important it is to look after your mental health and how walking helps to lift your mood.

AWARE is the only charity in Northern Ireland working exclusively for people with depression and bipolar disorder.

AWARE has an established network of 24 support groups across Northern Ireland that welcome people with depression and bipolar disorder as well as carers for people with the illness. AWARE deliver mental health and wellbeing programmes into communities, schools, colleges, universities and workplaces. These programmes include our suite of Mood Matters programmes, Living Life to the Full, Mental Health First Aid and Mindfulness.

In order for us to reach out to and help as many people as we can, we rely on the generosity of people through donations, fundraising and gifts in Wills. Your gift could help fund a local support group or deliver a mental health awareness programme into your child's school. All your fundraising efforts will go directly back into our services and education programmes.

If you are a UK tax payer we can claim 25p for every pound you donate, from the government. That makes your donation worth a lot more to us, at no cost to you, so please tick the gift aid box and make sure we have your full name and address details, including your postcode. Without this information in full we can not claim.

If you tick the Gift Aid Box you are agreeing that i) I am a UK tax payer and would like Aware to treat all donations I have made for the six years prior to this year and all donations I make in the future, as Gift Aid donations, until I notify Aware otherwise. I understand that I must have paid sufficient income tax or capital gains tax during the relevant tax year to cover the amount Aware reclaims on my donation

Name of sponsor	Address	Post Code	Email address	Amount	Paid	Gift Aid
Tommy Test	30 Main Street, Belfast	BT1 2AB	Tommy.test@test.com	£20	√	√

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Tommy Test	30 Main Street, Belfast	BT1 2AB	Tommy.test@test.com	£20	√	\checkmark

Please return this form along with your sponsorship money to your child's school. Thank you for supporting AWARE www.aware-ni.org

We had an AWARE Mood Walk and raised



All the money we raised will go towards

AWARE - the national depression charity for

Northern Ireland.





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