



# COMMUNITY AND EVENTS FUNDRAISING

**AWARE organise a range of fun and exciting events throughout the year that you can get involved in.**

By taking part and raising money for AWARE, you will be making a real and positive difference to the lives of people affected by depression and bipolar disorder across Northern Ireland.

Your fundraising efforts will help ensure that AWARE can continue to deliver life-saving services including support groups and wellbeing and education programmes into communities and schools across Northern Ireland. You will also be helping to break down the stigma associated with depression and mental illness.

## **AWARE Mood Walk**

Join us in a fun-filled 5k or 10k walk with your family and friends. Lift your mood and help raise money to support more people living with depression. The AWARE Mood Walks take place in Derry/Londonderry; Belfast; Omagh and Coleraine. Keep an eye on the AWARE website for more information on dates, venues and how to register.

## **Slieve Donard Trek**

Trek to the top of Northern Ireland's highest peak to celebrate World Mental Health Day and raise money to help people affected by depression.

By scaling the Mourne, you will be helping to stamp out the stigma of depression as well as conquering your own amazing mountain challenge.

## **Other AWARE events**

AWARE also hold other exciting one-off events throughout the year - to have a look at our full range of forthcoming events and to sign up please visit [www.aware-ni.org/events](http://www.aware-ni.org/events)

## **Run for AWARE**

Check out our website for an extensive list of forthcoming running events across Ireland.

Register for your AWARE running pack which includes an AWARE running vest and we will send it to you just before your run to wear on the big day!

## **Host your own AWARE fundraising event**

You can also support AWARE by organising your own event or get together with friends and family like a coffee morning, a bake sale, a disco or your own run or walk.

**For more information on Community and Events fundraising, please contact**

**[fundraising@aware-ni.org](mailto:fundraising@aware-ni.org)  
or visit [www.aware-ni.org](http://www.aware-ni.org)**

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**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.