



# Fundraise for AWARE

## HELP US TO HELP OTHERS OVERCOME DEPRESSION

**AWARE is a local charity working really hard to help people who are vulnerable to the illness of depression.**

- 1 in 10 young people aged 5-16 years suffer from a diagnosable mental health problem.
- Depression can affect anyone at any stage in their life.
- 45,000 young people living here are currently affected by a mental health problem.
- We rely on your donations to enable us to provide our services, including the AWARE Mood Matters Young People Programme.
- Last year we delivered over 400 sessions in almost 100 schools to 8,500 young people. But in order to continue this vital work we need your support.

**Here's how you can help raise money..**

### **Organise a School Mood Walk**

Make lunchtime active, improve your mood, look after your mental health and donate to AWARE.

### **Brighten up "Blue Monday"**

Dress brightly on the 3rd Monday in January – also known as Blue Monday. In fact you can do it on any Monday – and raise money for AWARE.

### **Dress down for "World Mental Health Day"**

Have a dress down day on 10th October and help raise awareness of mental health while raising money for AWARE.

**Or maybe you can create your own exciting fundraising idea - let us know and we can help you!**



**Let's get you started:**

**Contact [fundraising@aware-ni.org](mailto:fundraising@aware-ni.org)**

**Visit [www.aware-ni.org](http://www.aware-ni.org)**



**20**  
YEARS

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.



## SPONSORSHIP FORM

Child's name: \_\_\_\_\_

School: \_\_\_\_\_

Event: **Brighten Up Blue Monday 15 January 2018**

My target is: £ \_\_\_\_\_

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	✓	✓

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	✓	✓

Please return donations and sponsorship forms to: The Fundraising Team, Aware, 40-44 Duncairn Gardens, Belfast, BT15 2GG  
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OVERCOMING DEPRESSION.  
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[aware-ni.org](http://aware-ni.org)

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