

Graduate College Charity Challenge



Lancashire

Who are Lancashire Mind?

- A Mental Health Charity, working in partnership with others to provide training and support, and campaign locally to make your mental wellbeing a priority
- Challenging the negative perceptions of mental health
- Advocates prevention as the solution
 - Everyone can achieve Mental Wellbeing and resilience is the key to sustaining it

We are Lancashire Mind; our vision is Mental Wellbeing for All

We revolutionise attitudes, challenge perceptions and alter provision

Why we chose Lancashire Mind

- A strong preference for a mental health supporting charity
- A topic that's affected several of us whether it be ourselves or a friend / family member
- Pre-existing contact with the Charity through team member Daniel Berry

What do they do?

- Building Resilient Communities
- Overcoming Barriers
- Passionate People
- Inspiring Change
- Pioneering Partnerships
- Working together.

Happier
Lancashire



How do they do it?



Improve mental
health through
peer support

- Courses for schools
- Training at work
- Wellbeing coach
- Independent living
- Facing up
- Get Set to Go programmes

The Team

Akhil George

Kai Cui

Ana Carla Guimarães

Kinga Brzosko

Ana Catarina Violas

Margarida Gomes da Silva

Ben Smith

Neil Zhenghao

Connie de Vos

Ogonnaya Uduma

Daniel Ayala Quintero

Sukriti Gracias

Daniel Berry

Timothy Russ

Ignacio Marcelo Hinojosa Matienzo

Xiaoting Ma

Joana Mota Neves

Ziqi Lin

What we did as a team?

- Conducted weekly meetings to brainstorm and discuss ideas
- Organised 3 events
 - Mind Fest Participation
 - Charity Yoga
 - Grad Captains vs The World

Mind Fest



- Mind Fest was part of the 'Grow Our Minds' campaign highlighting the importance of conversation around mental health
- Providing a break from studying and an opportunity to socialise in a community setting
- Charity Challenge participation was organised by [Daniel Berry](#), who ran the stand along with [Timothy Russ](#), [Kai Cui](#) and [Ignacio Marcelo Hinojosa Matienzo](#)
- We promoted the charity at one of several stalls handing out leaflets and running two competitions
 - Name the Bear
 - Guess how many sweets are in the jar



Mind Fest

- **Expenses**

- Bear was donated
- Jar of Sweets - £12

- **Donations**

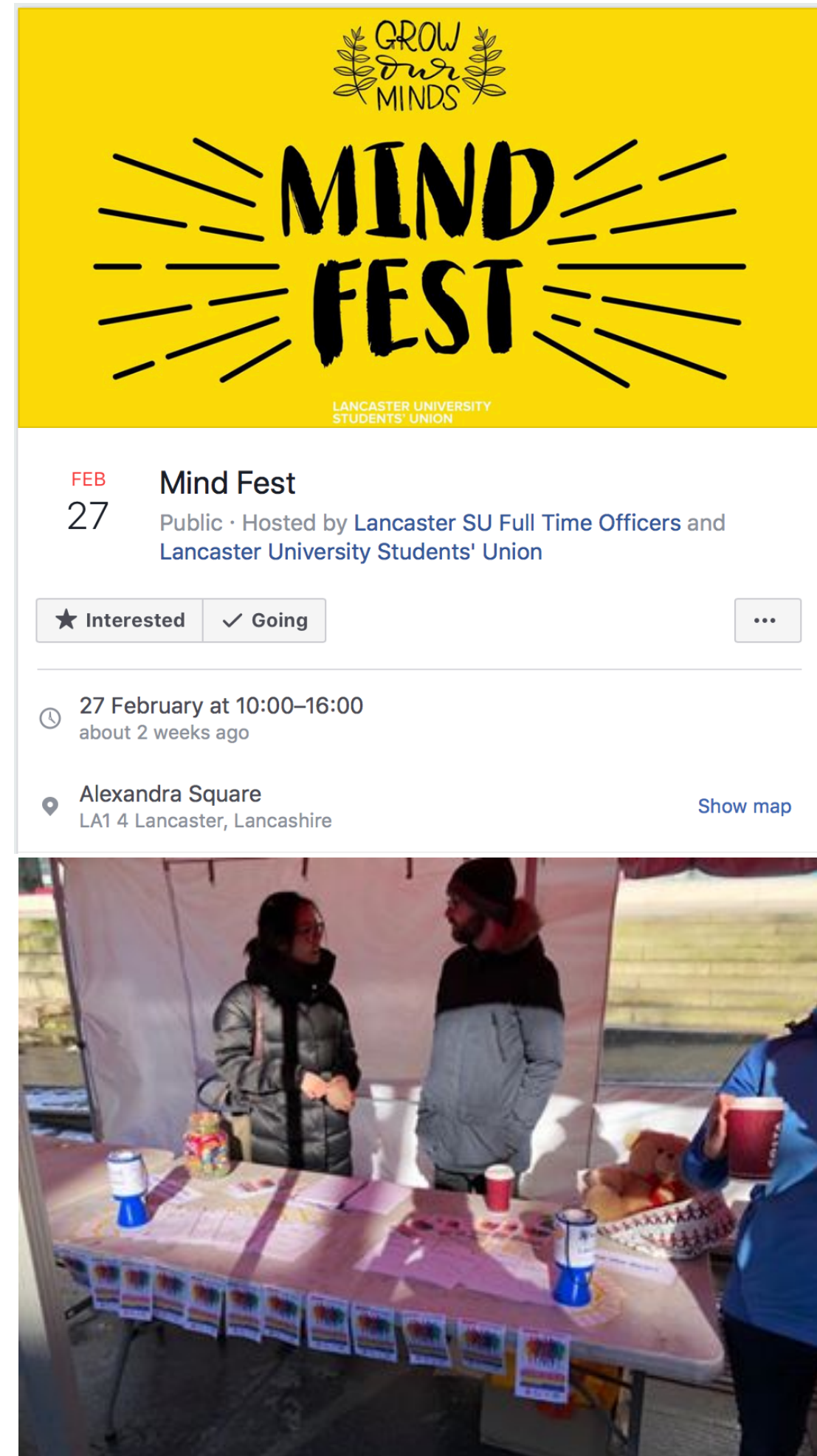
- In the region of £50
- Paid direct into official Lancashire Mind money boxes

- **How many people were reached**

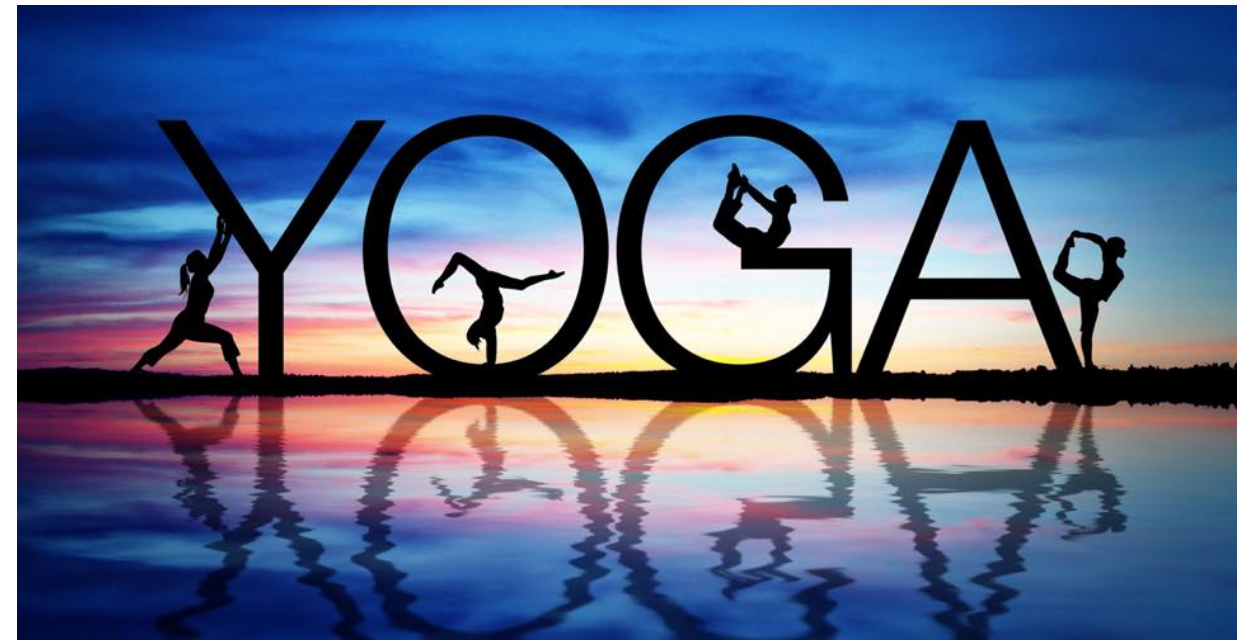
- Approximately 100 people approached the stand and took charity literature

- **Comments**

- Sincerely cold. Daniel wore breathable shoes which ended up freezing his feet. During the Polar-Vortex.



Charity Yoga Session



- Yoga event idea by [Kai Cui](#), organised by herself, [Timothy Russ](#) and [Daniel Berry](#)
- Introductory yoga and breathing exercise class intended to destress from coursework and exam pressures
- To be ran at the sports centre by a qualified instructor on March 18th

Charity Yoga Session

- **Expenses**

- Instructor cost: £20
- Booking: Donated by Sports Centre

- **Donations**

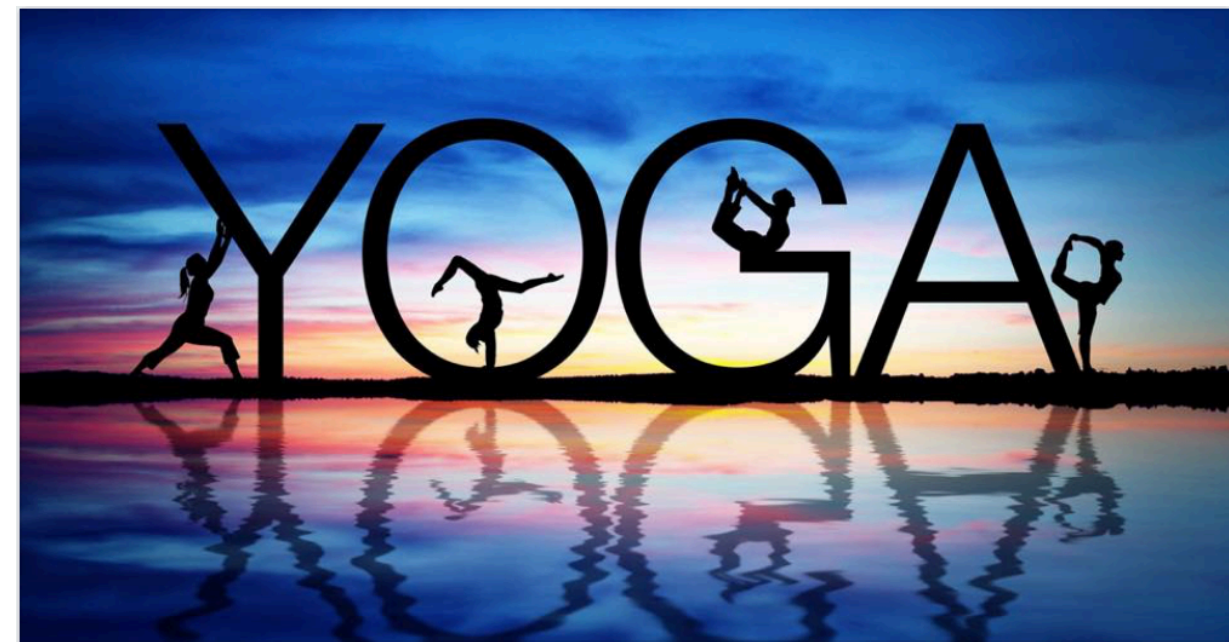
- Tickets: £1 Each
- Paid direct into official Lancashire Mind money boxes

- **How many people were reached**

- 11 as of writing

- **Comments**

- Late advertising campaign resulted in event exposure was delayed



MAR
18

Yoga & Stress Relief - In support of
Lancashire Mind

Public · Hosted by Kai Cui

✓ Interested ▼

➦ Share ▼ ...



Sunday at 14:00–15:00

3 days from now · -11–0° Sunny

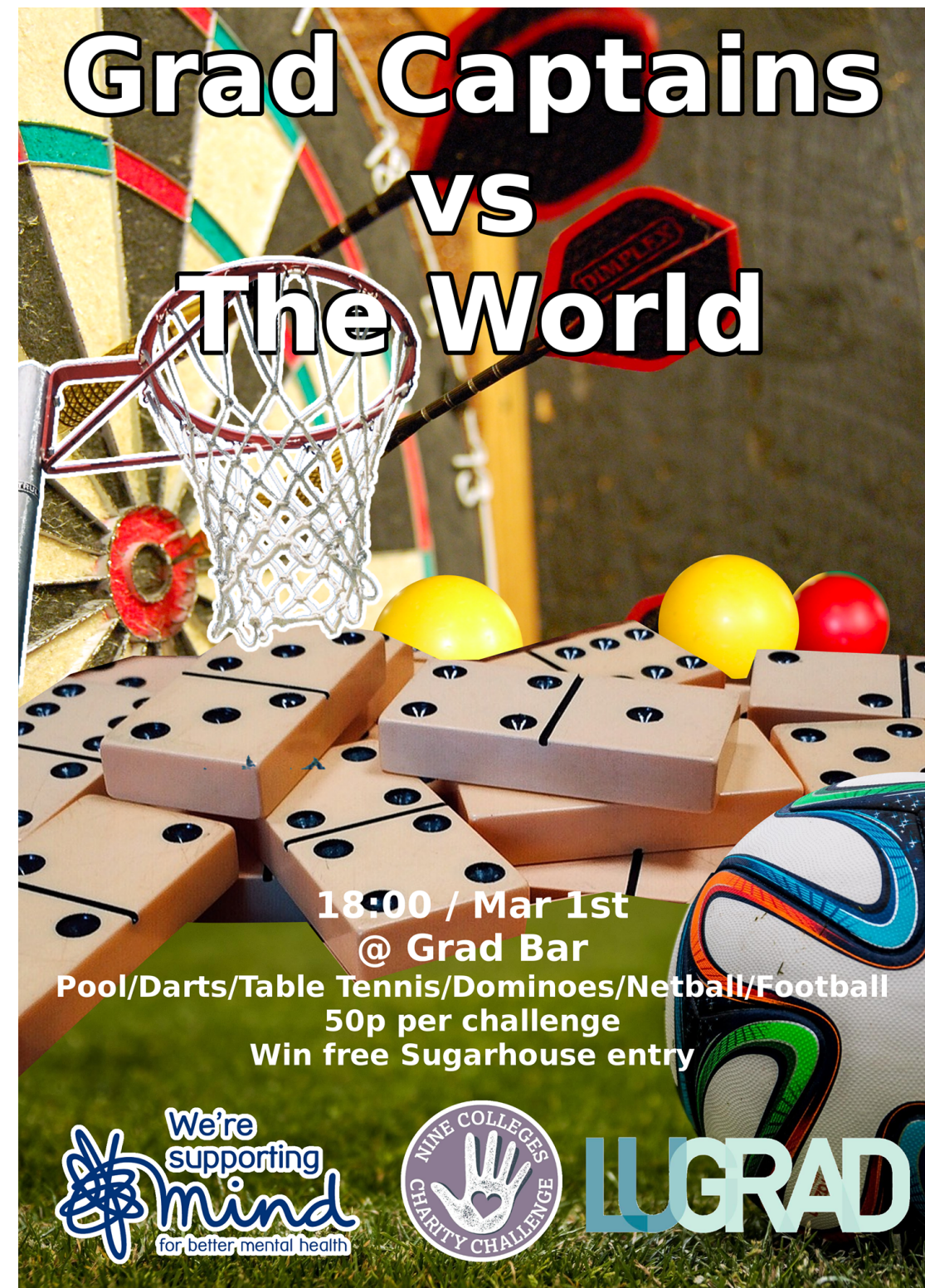


Lancaster Sports Centre

[Show map](#)

Grad Captains vs The World

- Our largest event organised in partnership with LUGRAD - All members of the team were involved
 - Initially coordinated by [Kinga Brzosko](#), [Sukriti Gracias](#) and [Timothy Russ](#)
- Sports event evening sponsoring Lancashire Mind
 - Table Tennis
 - Netball
 - Football
 - Pool
 - Darts
 - Dominoes
- Poster created by the artist [Ben Smith](#)
- Postponed due to LUGRAD event clash until next term



Grad Captains vs The World

- **Expenses**
 - N / A
- **Donations**
 - Competitions: 50p per game
- **How many people were reached**
 - Estimate > 50
- **Comments**
 - Event was unfortunately postponed due to an unforeseen scheduling clash by PG Board and will take place next term.



Summary

Total Funds Raised as of writing: £61

People reached via awareness: In excess of 125

Appendix

Initial Plan

Developed by
Daniel Ayala
Quintero

Start	19/01/18	23/03/18
INITIATION	19/01/18	24/01/18
Brief the project	19/01/18	23/01/18
Rules	19/01/18	19/01/18
Deadlines	19/01/18	19/01/18
Scope	19/01/18	24/01/18
PLANNING	25/01/18	5/02/18
Discuss Team's Roles.	25/01/18	26/01/18
Define Schedule Team	29/01/18	5/02/18
Discuss team Availability	29/01/18	31/01/18
Review Availability	1/02/18	5/02/18
EXECUTION	25/01/18	23/03/18
Scope	6/02/18	12/02/18
Develop project defition, understand	6/02/18	7/02/18
Develop Schedule	8/02/18	8/02/18
Review Schedule	9/02/18	9/02/18
approve Schedule	12/02/18	12/02/18
Evaluate options	12/02/18	12/02/18
Charaity Selection	25/01/18	31/01/18
Researching by Charity	25/01/18	29/01/18
Choose by team	30/01/18	30/01/18
Present Charity	31/01/18	31/01/18
Planning Event	1/02/18	28/02/18
Group Brainstorm	1/02/18	12/02/18
Present options	13/02/18	13/02/18
Select best option	14/02/18	14/02/18
Researching by possible dates	15/02/18	28/02/18
Implement Event 1	5/03/18	6/03/18
Allocate roles	5/03/18	5/03/18
Realize	6/03/18	6/03/18
Implement Event 2	7/03/18	23/03/18
Research by Facilities	7/03/18	13/03/18
Implement Marketing	14/03/18	14/03/18
Implement event	15/03/18	23/03/18
REPORT	15/03/18	21/03/18
END	19/03/18	19/03/18