

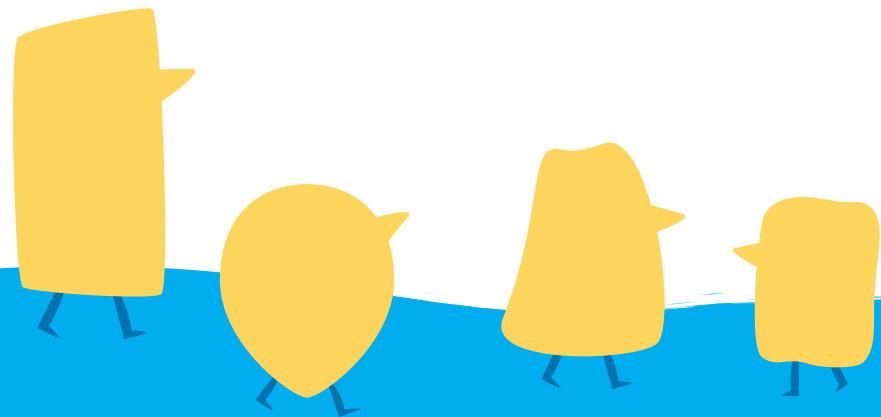
We'd  
love to hear  
from you.

Rethink  
Mental  
Illness.

Contact the Walky Talky team  
on 020 7587 1648

or email us at [events@rethink.org.uk](mailto:events@rethink.org.uk)

[www.rethink.org/walkytalky](http://www.rethink.org/walkytalky)



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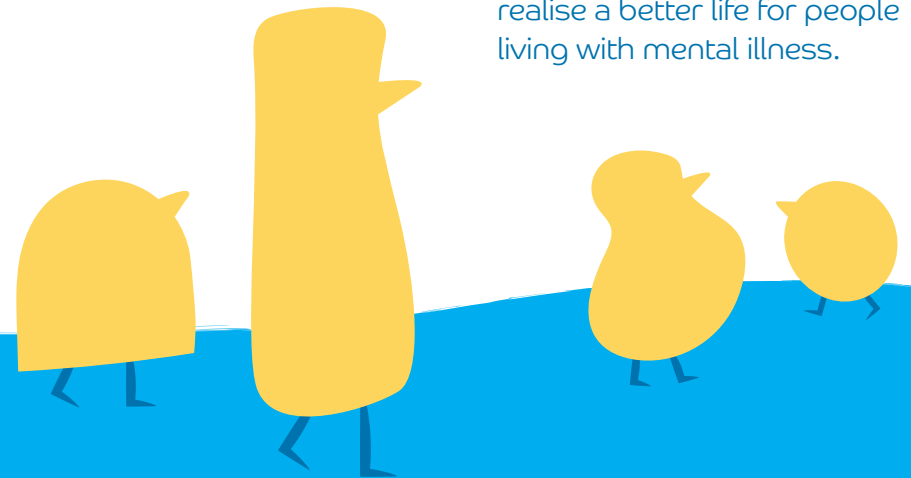


Registered with  
**FUNDRAISING  
REGULATOR**

Rethink  
Mental  
Illness.

# Walky Talky

Walky Talky is your chance to  
help us stamp out stigma and  
realise a better life for people  
living with mental illness.



Let's challenge attitudes and change lives!

What is

# Walky Talky?

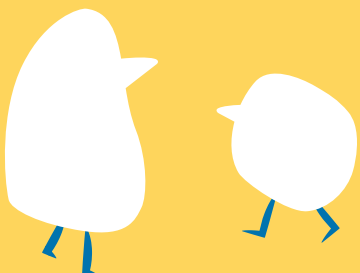
Walky Talky is about walking to raise awareness of mental illness. All ages and abilities can come together to walk and talk.

**Let's challenge attitudes and change lives!**

Taking part is as easy as putting one step in front of the other.

To join us on the organised London walk, visit [www.rethink.org/walkytalky](http://www.rethink.org/walkytalky)

Or if you would prefer to organise your own, then please get in touch with us on 020 7587 1648 or [events@rethink.org](mailto:events@rethink.org)



## Craig Holden and his 100 mile walk

Yours doesn't have to be this long!

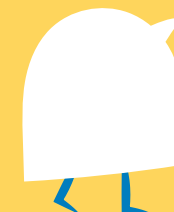
Craig organised a walk for himself.

My mantra 'never let your mind overpower you' is now tattooed on my arm after going through a very dark place earlier this year. My mental health wasn't stable at all. When I was on my way to getting better, I chose to take on a walk challenge to help.

I chose to support Rethink Mental Illness because it was one of the few charities that has been supportive, caring and genuinely wanting to make a difference to how mental health is understood. I am proud of the walk and what I achieved. I am not a regular long distance walker. I walk a few miles a day, but nothing like this. I do like a challenge though, so this was very fitting.



In 2017 Craig walked from Newport to Birmingham and fundraised for Rethink Mental Illness. He wants to do it all again but this time a different, shorter route.



# How your money can help.

**£30**

covers the cost of gardening materials for a support group for a month

Support groups offer a lifeline to hundreds of isolated people.

**£220**

funds our advice and information service for an hour

For people that have been newly diagnosed and friends and family that are worried about a loved one, this can be the only source of trusted information in a very difficult time.

**£440**

covers the cost of a Rethink Mental Illness staff member to offer the assistance and strength a support group needs for 3 months.

Support groups give people severely affected by mental illness a chance to realise they are not alone.

## Sue organises a yearly walk for lots of people

From the age of 13 my daughter Charlotte started self-harming. She was diagnosed with Borderline Personality Disorder (BPD) aged 18.

Apart from a spell in a private hospital and about 10 months with a private psychiatrist she had no help. The only appointment Charlotte got with an NHS psychiatrist ended with her telling us she didn't believe in private care and we never received another appointment. Sadly on the 22nd February 2009, she self-harmed and lost her life.

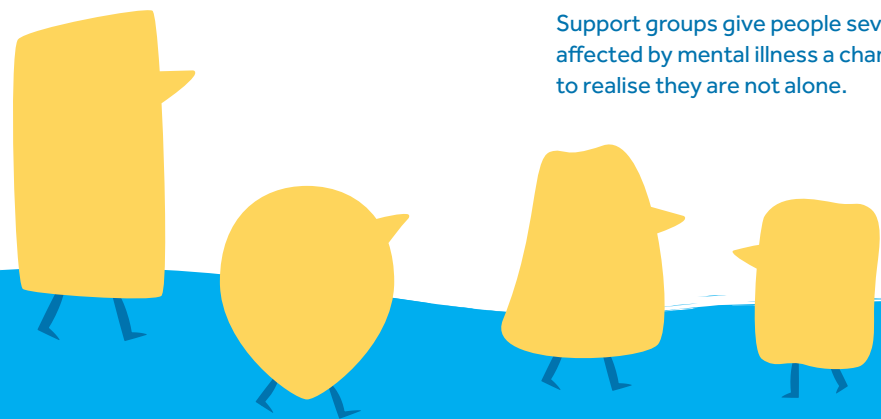
After her death, I felt so passionate about the fact that there wasn't anything for young people in crisis, nowhere for them to go. I wanted to do something to help people, so I found Rethink Mental Illness. I set up a fundraising page and did it all in Charlotte's memory. I started off saying to people collect your 5p's,



put them in a jar and I'll collect them every few months. Amongst many other fundraising ideas, we decided to take on a walk and got friends and family together to join us.

The first walk raised £2,200 and since then, it has evolved and grown year on year.

Charlotte was so much more than Borderline Personality Disorder. She was a fun bright young woman who loved children but who was sadly blighted by this awful mental illness.



Leading the way to a better quality of life for everyone severely affected by mental illness.

# How to plan your own walk.

Once you have decided to organise your own walk, the first thing to do is decide the route!

1

If you aren't a seasoned walker, just go online and search for walks near you. There are beautiful canal walks all over the country and lots of **former railway lines** that are now open to the public. **Woodland walks** can be absolutely beautiful and are a great way of getting back to nature. If you are closer to **city walks**, you can explore architecture too. Once you start looking into it you will find lots of different options. If you need support or information, just call our friendly events team on 020 7587 1648.

Here are some useful websites for route suggestions:

[www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)  
[www.railwaypaths.org.uk](http://www.railwaypaths.org.uk)

2

Next step is to choose the date and to let us know you are doing it! We can send you a t-shirt and other materials to help with your fundraising. Email us on [events@rethink.org](mailto:events@rethink.org)

3

Next step is to sort out the finer details of the walk. Are you inviting anyone else to join you on the walk? Will you need provisions? Have you walked this sort of distance before? If not, maybe you need to think about having a practise walk at a shorter distance to see how you fare, but always remember whether you walk five miles or 100 miles, every step you take and every pound you raise can help raise money for our work supporting those affected by mental illness.

4

Final step before taking on the walk is to start fundraising! You can set up your fundraising page at [www.virginmoneygiving.com](http://www.virginmoneygiving.com).

Remember to ask friends and family to sponsor you! You could always get creative and fundraise in one of the following ways.

Bake a cake, take it to work or school, and leave it somewhere with a sign and a donation box asking people to make a donation in exchange for a slice.

Host a fundraising evening with your friends or family. Will you cook for everyone or host a games night? Ask for a donation on your invitation.

People love supporting their friends and family when they are doing fun things for worthwhile causes.

Remember to take lots of photos of you in your Rethink Mental Illness t-shirt to share with us after your walk.

## How to pay your money in:

**Online** via your fundraising page. This is such an easy way for people to sponsor you, and the money comes straight to us so you don't need to do anything once it is set up.

**In the post.** You can send us a cheque with your full name and address to FREEPOST RETHINK MENTAL ILLNESS.

**On the phone.** You can call our supporter care team on 0121 522 7007.