



The 100 Hours Challenge

25% of young people entering Higher Education experience psychological distress. It's more important than ever to be providing students with the support they need.

We work collaboratively with students, staff and professionals on campus to create a strong support network that young people can access throughout their time at university. Our vision is for all universities and health services to recognise positive mental health as a priority for student success.

To reach more students at more universities across the UK and to develop and support a range of exciting new projects, we need YOUR help.

THE CHALLENGE

Last year saw the launch of the first **100 Hours Challenge**. Individuals from Student Minds groups, RAGs and CRM student accommodation groups took part to raise over £2,000.

We challenge each CRM Student site to recruit as many avid fundraisers as possible to take on the challenge of raising £100 in just 100 hours!

Why take part?

1. We would like to see our activities reaching more students at more universities across the UK which, with your help, will be possible!
2. The challenge has a focus on individuals using their creativity and imagination with minimal commitment in terms of organisation and planning by you, the accommodation managers.
3. This challenge offers each CRM Students site the unique opportunity to engage both your staff team, and students who may be passionate about mental health.
4. In addition, CRM Student sites taking part in the challenge will have the chance to increase exposure through our national channels on social media. The site with the highest grand total

We are kindly supported by Comic Relief, The Welton Foundation, UnLtd, The Matthew Elvidge Trust, The Charlie Waller Memorial Trust, The James Wentworth-Stanley Memorial Fund and Student Hubs.

Student Minds
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16-17 Turl Street, Oxford, OX1 3DH

will be publically mentioned on our website and national social media!

Take a look at these blogs from last year, written by [Sunderland Student Minds](#) and [Liverpool Mental Health Society](#) from last year for some inspiration

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Student Minds is registered with Companies House (7493445) and is a Charity registered in England and Wales (1142783).



KEY DATES

You might want to think about different events and/or campaigns that are running alongside these dates or at a similar time. For example, could you run the challenge as part of events and activities you are planning for University Mental Health Day or Ripple? This would help double the reach of your challenge and campaigning!

Exactly when you want to take on this challenge is up to you! All you need to do is let us know when and what via the sign-up sheet. This will ensure we can support your challenge and shout about it on our national channels.

CHECKLIST

- **Discuss the challenge with your committee**
 - Decide what fundraising activities you plan to do
 - We recommend scheduling a meeting with key staff members to discuss the 100 Hours Challenge.

- **Sign up!**
 - Let us know what you are planning via the sign-up sheet which you can find [here](#) or on our website.

- **BT MyDonate team pages**
 - If you don't already, let us know if you would like us to set up a BT MyDonate team page for your site. Individuals will be able to link their own event to the team page, contributing to the team total. All the volunteer recruits will then be able to link their own fundraising event to your team so that the total is collected on the team page.

- **Advertise the challenge and opportunity to get involved**
 - Think about how you can advertise the challenge. There are lots of resources including graphics, posters and email templates on our website that you are free to use.

- **Launch volunteer sign-up**
 - The more people you can get involved in this challenge, the more money you can raise and the more impact you will be able to have! Different groups recruit volunteers in different ways – use whatever method you are comfortable with (google forms are always quite easy).

- **Challenge launch!**
 - You may want to have all your volunteers together to give them a briefing. However, it is quite likely that different people's events may be happening at different times. As long as you have made sure to let us know what events you are planning via the sign up we can track and shout about your launch and progress.

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□ **Challenge underway**

- The following 100 hours will see lots of passionate volunteers set out on the challenge of raising £100! The method through which individuals raise money is at the discretion of their imagination. We do ask however, that in planning your fundraising effort you should remain mindful of your own and others' wellbeing. See the 'Fundraising Ideas Guide' on our webpage for some inspiration.
- Be sure to keep in contact and share photos of your fundraising activities throughout the 100 hours.

98...99...100 - You' ve made it! Now what?!

□ **Challenge closes**

- Your group may choose to mark this with an event such as a pub quiz although there is no requirement of this; social media is a perfect alternative!

□ **Collect donations**

- If you are collecting cash donations centrally, get all your volunteers to hand in their fundraised cash and let us know your total by emailing fundraising@studentminds.org.uk.

□ **Return donations to Student Minds**

- You are able to submit offline donations through BT MyDonate by setting up fundraising challenges on your group page and linking them to Student Minds. Alternatively, you can BACS transfer or post a cheque made payable to Student Minds to 16-17 Turl Street, Oxford, OX1 3DH.
- Remember to email fundraising@studentminds.org.uk to let us know if you are transferring money so that we can keep a record of your group's running total. If using BT MyDonate this will all be done for you so there is no need to worry!

*If you have any questions or queries, don't hesitate to drop us an email –
fundraising@studentminds.org.uk*