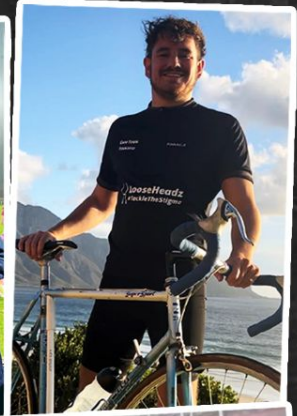




JOIN THE MOVEMENT.  
LOOSEHEADZ FUNDRAISING PACK.

# JUST A FEW OF OUR AMAZING FUNDRAISERS.



# Thank You.

**Firstly, we want to say a massive THANK YOU!!!**

**Without the amazing support of people like you, LooseHeadz wouldn't be what it is today.**

**By raising money for the LooseHeadz Foundation, you're actively supporting our mission to place a mental health lead (a LooseHead) at every rugby club in the world. And not only that, you're supporting LooseHeadz to continue to develop our toolkit which already contains; a 24/7 text support service, wellbeing check-in platform with Govox, talking groups with Talk Club, CPD UK accredited mental health training, signposting content, exclusive co-branded stash, the roll out of our new social rugby project, and several as yet unannounced additions.**

**The rugby community really is a special place because of you.**



# Why Support LooseHeadz.



1 IN 4 PEOPLE IN THE UK EXPERIENCE A MENTAL HEALTH ISSUE EACH YEAR.



PLAYING SPORTS SUCH AS RUGBY HAS BEEN SHOWN TO HELP MENTAL WELLBEING.



OVER 700,000 PEOPLE LOSE THEIR LIVES TO SUICIDE EVERY YEAR.



SUICIDE IS THE BIGGEST KILLER OF UNDER 35'S IN MANY DEVELOPED NATIONS.



92% OF OUR FOLLOWERS BELIEVE RUGBY HELPS THEIR MENTAL HEALTH, BUT ONLY 54% THINK THEIR CLUBS DO ENOUGH.

Sources: Adult Psychiatric Morbidity in England 2007; Health and wellbeing at work: a survey of employees 2014; Cusack & Drake 2011; Maylor et al 2012; OECD 2014; Labour Force Survey various years; Mental Health Taskforce ME: The Five Year Forward View for Mental Health 2016 (updated 2017 May 23). Available from: [england.nhs.uk](http://england.nhs.uk); Richards & Rogers M. Mental Health [Internet]. 2018 [cited 2019 Sep 26]. Available from: [europeandata.org](http://europeandata.org); McManus S, Bebbington T, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk); Samaritans.org



# Fundraising Inspiration.

**We've seen loads of people get involved with fundraising events for LooseHeadz already, but we want to see even more, so here's some inspiration, but we're always excited to see totally new ideas & challenges.**

- **Swim, walk, cycle, run or move however suits you.**
- **Rugby club dinners & events.**
- **Rugby specific challenges or tournaments.**
- **Grow your hair (or cut it).**
- **Auctions or raffles.**
- **Step out your comfort zone - from cold water dips to skydives.**

**Most importantly, whatever you do, make sure you and your team have FUN. Whether you're taking on a physical challenge, or hosting an event, it's not only a great opportunity to raise funds to help support our mission to #TackleTheStigma, but to also look after the mental fitness of yourself & others by getting active & bringing people together.**



# Get Started.

**Want to fundraise for LooseHeadz but not not quite sure what to do?**

**We've got you.**

- **Remember to keep the FUN in fundraising! We want you to enjoy every step of the process, & stay engaged all the way through.**
- **Choose something that excites and interests you.**
- **Plan ahead.**
- **Get friends, family & teammates involved.**
- **Get in touch with us on [Info@LooseHeadz.co.uk](mailto:Info@LooseHeadz.co.uk). We want to hear from you, & we want to get behind your fundraisers.**
- **Smash it - we know you will.**



# Setting Up Your Event.

## → Online fundraising.

- ◆ Head to [JustGiving](#) or [GoFundraise](#) to set up your event page, selecting LooseHeadz Foundation as your chosen charity & entering the details of your fundraiser.

## → Offline fundraising.

- ◆ You can add your cash & cheque donations to your fundraising page.

## → Spread the word.

- ◆ Make sure to let as many people as possible (including us) know as possible. Share it with friends, family, your club, work, local organisations & press.

## → Social media.

- ◆ Make sure to share your fundraiser on social media platforms, including regular updates, ensuring you tag @LooseHeadz so we can share it too.



# Support From LooseHeadz.

**We want to support you every step of the way, so make sure to let us know about your fundraiser, & let us know what we can do to help. Here is the support we can provide.**

## → **Stash.**

- ◆ **We want to make sure you're kitted out, so be sure to get in touch to sort some LooseHeadz stash for your event.**

## → **Social media.**

- ◆ **It's really important we can shout about your events, so be sure to send us regular updates, tag us on social & share content so we can spread the word.**

## → **Support.**

- ◆ **Although we can't always guarantee it, if you think LooseHeadz can help with contacts, logistics, or anything else, get in touch & we'll see what we can do.**



# MORE INSPIRATION.



JAMES CYCLED FROM  
LAND'S END TO JOHN  
O'GROATS ON A  
SINGLE SPEED BIKE.



ARCHIE GREW OUT  
HIS MULLET UNTIL  
HIS PROFESSIONAL  
DEBUT FOR BATH.



BRAD ALLOWED HIS  
TEAMMATES TO  
SHAVE OFF HIS  
ICONIC BEARD.



LIZ LED HER TEAM  
TO COMPLETE THE  
24 HOUR 3 PEAKS  
CHALLENGE.

# MORE INSPIRATION.



CAMILLA & SPENCER  
ARE RUNNING  
EVERYDAY THROUGH  
THE 22/23 SEASON.



EMMA HOSTED A  
TEAM DINNER AT  
HER RUGBY CLUB  
SIDMOUTH.



STU & HIS TEAM  
CYCLED TO EVERY  
RUGBY CLUB IN THE  
PREMIERSHIP.



HALLAM WRFU  
COMPLETED A  
NON-STOP 24 HOUR  
TEAM CYCLE.

# Join The Movement.

**Don't stop there. After your amazing fundraising efforts, we want to make sure you remain involved with LooseHeadz.**

- **Get your club signed up to the LooseHeadz Partnership Programme.**
- **Make sure you follow @LooseHeadz across our social channels.**
- **Head to the website & sign up for our newsletter.**
- **Sign up to join our next Academy cohort.**
- **Think about LooseHeadz for your next fundraiser.**



# **Thank You.**

**Thank you for choosing to join the movement & help support our mission to #TackleTheStigma, we really couldn't do it without you.**

**LooseHeadz started as a conversation at the end of our local rugby club bar, & with your help & support, we want to make this a conversation at every rugby club around the world.**



# For More Information.

→ Visit.

◆ [LooseHeadz.co.uk](https://LooseHeadz.co.uk).

→ Email.

◆ [Info@LooseHeadz.co.uk](mailto:Info@LooseHeadz.co.uk).

