

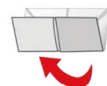
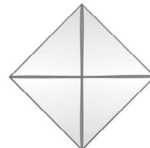


# Sock it to Stigma

Fundraising & Activity Pack

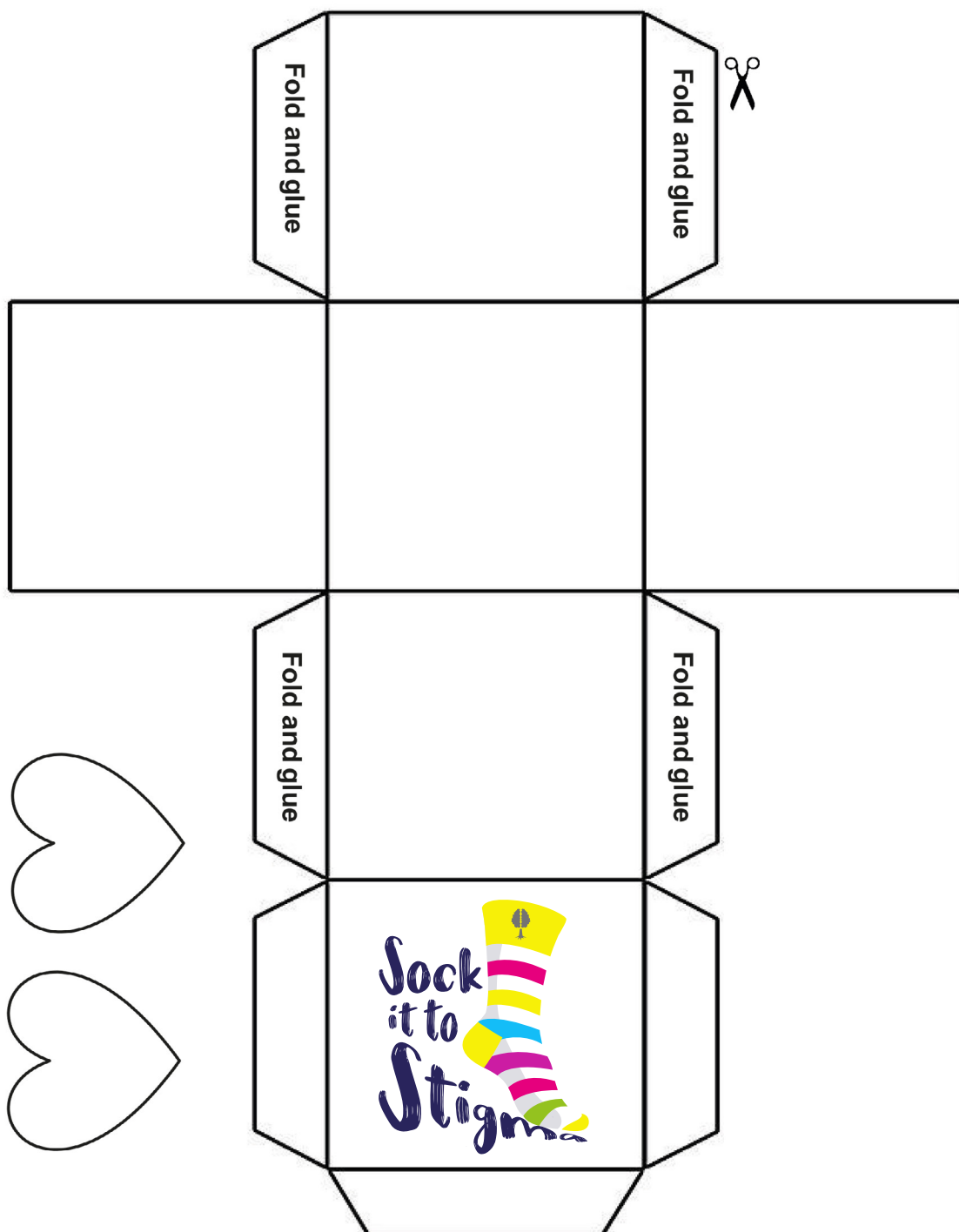


# Sock it to Stigma Fortune Teller



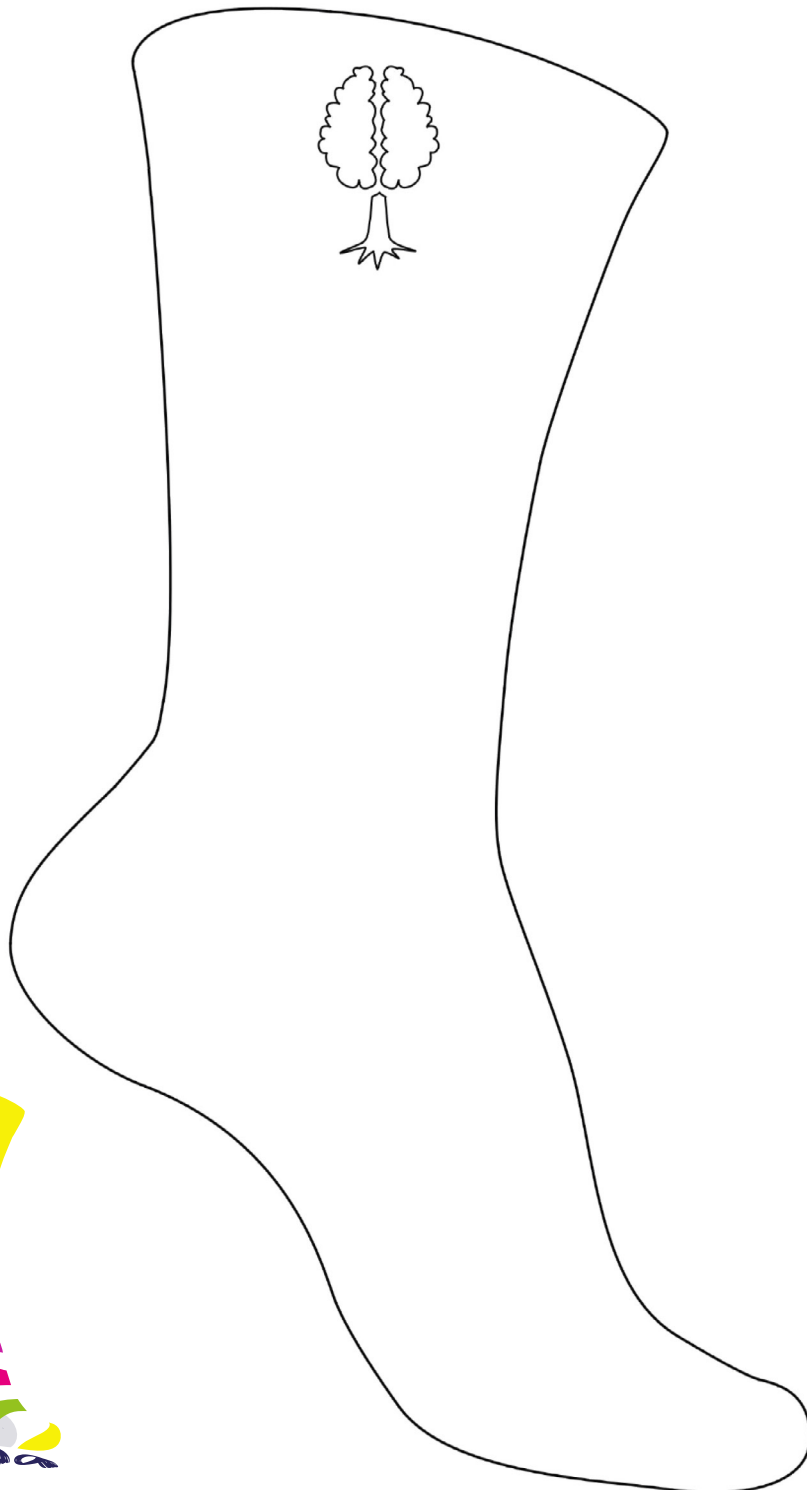
# Sock it to Stigma Happy Cube

Make a Happy Cube where you can put your personal happy memories to make you smile. When you feel low, you can reach for your box and lift the lid to remind yourself what makes you happy.



# Sock it to Stigma **Sock It Bunting**

Design your own sock and create Sock It Bunting.



# Sock it to Stigma Word Search

Can you find these words?

stigma

headucation

talking

prevention

healthy

children

conversation

happy

connection

friends

mental health

curriculum

sock it

sharing

f	m	z	s	o	c	k	i	t	y	n	i	y	n	j	k
z	t	e	p	r	c	o	n	n	e	c	t	i	o	n	f
a	h	a	p	p	y	b	m	o	t	h	e	a	o	d	c
c	o	n	l	t	a	k	b	s	d	n	e	i	r	f	d
h	d	m	d	k	g	w	u	c	x	f	t	n	t	t	n
e	c	i	s	v	i	t	o	u	w	a	d	i	p	n	y
a	j	r	n	o	t	n	q	r	s	c	c	e	p	x	h
d	l	f	i	t	v	j	g	r	n	h	y	n	r	t	t
u	k	b	s	e	h	n	e	i	g	i	x	d	e	h	l
c	m	b	r	s	i	v	w	c	i	l	e	w	v	e	a
a	o	s	o	r	n	z	i	u	d	d	i	o	e	n	e
t	a	r	a	o	a	m	o	l	x	r	t	s	n	y	h
i	s	h	c	m	q	u	p	u	r	e	r	r	t	o	m
o	s	h	a	f	r	y	g	m	o	n	g	n	i	h	i
n	m	e	n	t	a	l	h	e	a	l	t	h	o	y	n
p	s	t	i	g	m	a	r	s	l	d	r	e	n	t	d

#SockittoStigma  
www.shawmind.org



# Sock it to Stigma **Guess the Words**

1 H \_ \_ \_ \_ \_

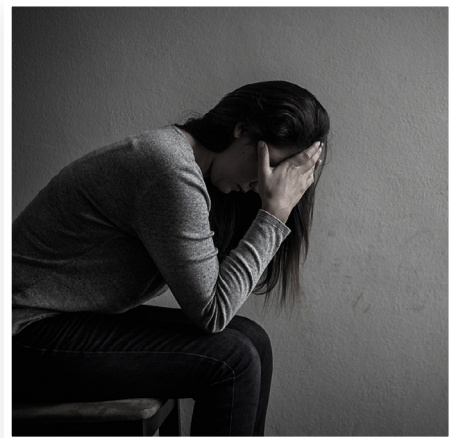
2 \_ \_ \_ K \_

3 \_ A \_ \_ \_ N \_

4 S \_ \_

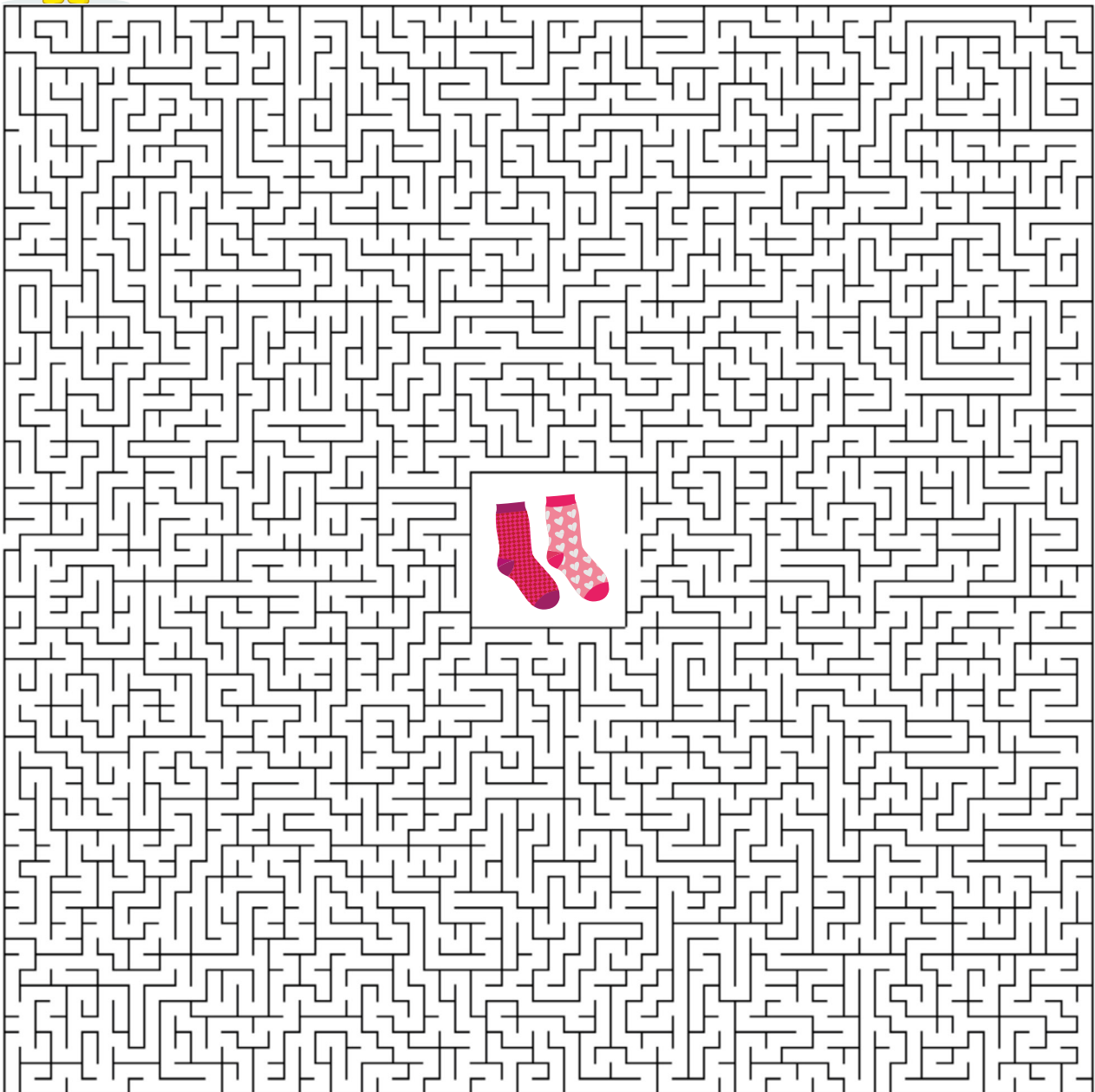
5 K \_ \_ D \_ \_ S S

6 \_ R \_ \_ N \_ \_



Answers: 1. Happy 2. Socks 3. Talking 4. Sad 5. Kindness 6. Friends

# Help Skeet find his socks



#SockittoStigma  
[www.shawmind.org](http://www.shawmind.org)

# Create your own Feelings Cards

Draw your own faces or pictures to show each emotion, then you can use these cards to explain how you are feeling.

 I feel <b>happy</b>	 I feel <b>sad</b>	 I feel <b>angry</b>	 I feel <b>scared</b>
 I feel <b>lonely</b>	 I feel <b>excited</b>	 I feel <b>confused</b>	 I feel <b>hurt</b>
 I feel <b>shy</b>	 I feel <b>grumpy</b>	 I feel <b>hungry</b>	 I feel <b>tired</b>
 I feel <b>proud</b>	 I feel <b>energetic</b>	 I feel <b>disappointed</b>	 I feel <b>embarrassed</b>





KEEP  
CALM  
AND  
SOCK IT  
TO  
STIGMA

We have pledged our support to **Shawmind**



Stigma around mental health stops children and young people reaching out for help when they need it most.



Help us help them in their fight against mental health stigma

#SockittoStigma  
[www.shawmind.org](http://www.shawmind.org)

# How to complete the sponsorship form

## Please make sure that;

- you fill out each section in full.
- the details of each donation are recorded accurately by your sponsors in their own handwriting – as forms in the same handwriting or printed are not valid for Gift Aid purposes.
- each sponsor ticks the Gift Aid box next to their address below if eligible.
- each sponsor's title, first name, surname, full home address, postcode, Gift Aid declaration and donation amount is listed. (Please note, we cannot claim Gift Aid on business addresses or on multiple sponsors e.g. Mr & Mrs Jones.)



## GIFT AID – PLEASE READ

Shawmind can claim at least an extra 25% back from the government on every donation, without it costing you a penny extra.

Please tick the box below if you would like us to Gift Aid your donation.

☐ Gift Aid donation

Please ensure that you write your full name, home address and postcode in BLOCK CAPITALS. This supports our tax claim and will not be used to contact you.

Please be aware that you must have paid an amount of income tax and/or capital gains tax at least equal to the amount of tax reclaimed by all charities and Community Amateur Sports Clubs on all your donations in the tax year (6th April one year to 5th April next). Shawmind can currently receive an extra 25p for every £1 you donate. Other taxes such as Council tax and VAT do not qualify.



#SockittoStigma  
www.shawmind.org

# School Contact Details

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_



#SockittoStigma  
[www.shawmind.org](http://www.shawmind.org)

## Sponsor Details

Please complete in your sponsor's own handwriting to qualify for Gift Aid.

[illegible]

I've raised a fantastic total of £\_\_\_\_\_ for Shawmind

For additional sponsorship forms please reprint this page.



# What to do now

Simply collect your donations from your sponsors and send us a cheque or postal order made payable to Shawmind (please do not send cash) along with this sponsorship form and the money return form (overleaf) to:

**Shawmind,  
Suite 4, Navigation House,  
48 Millgate, Newark,  
Nottinghamshire, NG24 4TS**

Please do not photocopy this form. You can request additional forms by emailing:  
**[fundraising@shawmind.org](mailto:fundraising@shawmind.org)**

## Did you know you can collect sponsorship money online?

Set up an online fundraising page with JustGiving – a really easy way to collect donations for Shawmind. It'll save you time and keeps your sponsors updated about your fundraising challenge. Plus, it's totally secure and enables people living anywhere in the world to donate to you.

To set up an online fundraising page or to make the most of an existing one visit:  
**[www.justgiving.com/shawmind](http://www.justgiving.com/shawmind)**

Thank you so much for supporting

# Shawmind

As a valued Patron of Shawmind we will treat your details very carefully and will not pass them on to any other organisations. Shawmind would also like to contact you about our work and activities in the future.

If you do not wish to receive this information electronically via email please tick the box:

☐ Email

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**[www.shawmind.org/privacy-policy](http://www.shawmind.org/privacy-policy)**

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We are a registered charity in England (1167947), and a registered charitable company (09921207) in the UK.