



Are you up for the challenge?!



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www.ewensroom.com



Here at Ewen's Room we know how good it is for our mental health to get outside in the winter months- and we know that setting a goal can give us the extra incentive we need to get out there!

So this January we are encouraging all who can to get out and about for a good cause; pledge your miles and help us to reach our target- to collectively walk/ stroll/ run the coast of Scotland in 2025 and raise funds to continue to improve mental wellbeing in Lochaber!

So our challenge for you!! Is to organise some walks with your Scout/Beavers/Cubs group and track as many miles as you can (the more of you on the walks the more miles)!

You can then track your miles/ walks and we'll see if we can all walk the coast of Scotland.

If you would like to do the walks AND raise some money you can use a sponsor form in this pack, you can use our poster template and send us lots of photos of your walks!



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Get Started



- Plan your walks as a group
- Walk and talk! (you can use our outdoor conversation cards for ideas!)
- Share your photos
- Track your miles
- Receive your 'Walk and Talk' sticker



Fancy raising some money too?

Your walks can just be for fun and to get us talking about mental health- or you can help us raise some funds at the same time!

Use our fundraising documents in this booklet (sponsorship form, JustGiving information and our posters) to help you fundraise!

SPONSORSHIP FORM

NAME: _____

Full Name	Home Address and Postcode	Donation Amount	✓	✓

UK Aid Declaration: If you have ticked the box below UK Aid, you are declaring the donation that you are making is for the benefit of the UK. If you are not making a donation for the benefit of the UK, please do not tick the box below UK Aid. If you are not making a donation for the benefit of the UK, please do not tick the box below UK Aid. If you are not making a donation for the benefit of the UK, please do not tick the box below UK Aid.

TRACK MY MILES! Name: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25

WALK AND TALK CARDS

The '1000' game:

- How many things can you think of that start with the letter 'A'?
- How many things can you think of that start with the letter 'B'?
- How many things can you think of that start with the letter 'C'?
- How many things can you think of that start with the letter 'D'?
- How many things can you think of that start with the letter 'E'?
- How many things can you think of that start with the letter 'F'?
- How many things can you think of that start with the letter 'G'?
- How many things can you think of that start with the letter 'H'?
- How many things can you think of that start with the letter 'I'?
- How many things can you think of that start with the letter 'J'?
- How many things can you think of that start with the letter 'K'?
- How many things can you think of that start with the letter 'L'?
- How many things can you think of that start with the letter 'M'?
- How many things can you think of that start with the letter 'N'?
- How many things can you think of that start with the letter 'O'?
- How many things can you think of that start with the letter 'P'?
- How many things can you think of that start with the letter 'Q'?
- How many things can you think of that start with the letter 'R'?
- How many things can you think of that start with the letter 'S'?
- How many things can you think of that start with the letter 'T'?
- How many things can you think of that start with the letter 'U'?
- How many things can you think of that start with the letter 'V'?
- How many things can you think of that start with the letter 'W'?
- How many things can you think of that start with the letter 'X'?
- How many things can you think of that start with the letter 'Y'?
- How many things can you think of that start with the letter 'Z'?

Imagination and Fun:

- If you could live anywhere - like a beach house, a castle, a treehouse - where would you live?
- If you could be a superhero, what would your powers be?
- If you could be a famous person, who would you be?
- If you could be a famous person, who would you be?
- If you could be a famous person, who would you be?

Multi-step and Joy:

- What's the best thing that happened to you today?
- What's the best thing that happened to you today?
- What's the best thing that happened to you today?

Creative Thinking:

- If you could invent a new holiday, what would it be called?
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Self Care:

- What's your favourite way to relax after a busy day?
- What's your favourite way to relax after a busy day?
- What's your favourite way to relax after a busy day?

Feelings and Emotions:

- What's something that makes you feel happy?
- What's something that makes you feel happy?
- What's something that makes you feel happy?



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WALK AND TALK CARDS

The 'I Wonder' game:

This is a great game to do on a walk. It can help us to be inquisitive and have fun without any pressure to know the answers, it helps us to notice the things around us and slow down. You **can't** answer 'I wonder' statements with an answer- even if you know what it is!

For example: One person spots a plant on the walk...

Person 1 'I wonder what sort of plant that is.'

Person 2 'Oh yes, I wonder how it got there.'

Person 1, 'Oh yes, I wonder if you can eat it'

Person 2, 'Oh yes, I wonder if you get magic powers if you eat it'

Gratitude and Joy

- What's the best thing that happened to you this week?
- What's your favourite thing about one of your friends?
- What's something small that makes you really happy?



Imagination and Fun

- If you could live anywhere—like a treehouse, castle, or spaceship—where would it be?
- If you could talk to animals, what would you say to your favorite animal?
- What's the silliest thing you've ever seen or done?



Creative Thinking

- If you could invent a new holiday, what would it celebrate?
- What animal do you think is the best at staying calm, and why?
- If you had a magical happiness machine, how would it work?



Self-Care

- What's your favourite way to relax after school?
- What's a fun activity that helps you feel better when you're sad?
- If you made a "relaxing kit," what would you put in it?



Feelings and Emotions

- What's something that makes you feel calm?
- If feelings were colours, what colour would you be today?
- What's your favorite thing to do when you're happy?





Collecting Funds

Sponsorship Form

In this pack there is a generic sponsorship form which can be used if you wish.

Donate

Sometimes people like to just directly donate. Please visit our website for more information so you can share a link and do a direct donation;
www.ewensroom.co.uk



JustGiving

Setting up a JustGiving account and sharing it with friends, family and on social media is a great way for people to support you and us online. Please see our guide opposite on how to set one up!

Setting Up a JustGiving Page

Steps to setting up your JustGiving page:

1. Visit our Ewen's Room JustGiving page (www.justgiving.com/ewensroom) and click 'fundraise for us'
2. You will be prompted to sign up or log in to your account
3. Choose your fundraising web address (this is the link you will share with family and friends)
4. Click 'create your page' and voila you are done!

When collecting funds, be aware that everyone's situation differs in their ability to give. Also please do not collect money from door to door. This is illegal without a licence.

If you would like any advice or support about fundraising then please get in touch by emailing info@ewensroom.com, and one of our team can arrange to talk to you.

Thank
you



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SPONSORSHIP FORM

NAME : _____

FULL NAME	HOME ADDRESS AND POSTCODE	DONATION AMOUNT £	PAID: ✓	GIFT AID: ✓

Gift Aid Declaration: If you have ticked the box headed 'Gift Aid', you are declaring the following:

I confirm that I am a UK income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed above, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Remember you must provide your full name, home address, postcode and tick the 'Gift Aid' box for us to be able to claim back tax on your donation. All personal data provided will not be shared with any other third party.



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I am fundraising for Ewen's Room

Event

Date

**Other
Details**

Supporting Mental Health for ALL in Lochaber



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