



03.2023

# Move it for Mental Health 2023 Fundraising Guide

挑戰於大自然完成 30 公里!  
Complete 30km in nature!



#為精神健康  
#MOVEIT2023

[mind.org.hk/moveithk2023/](http://mind.org.hk/moveithk2023/)

主辦機構  
Organised by



支持機構  
Funded by



# “Move it for Mental Health” is back again

In an effort to raise awareness of the benefits of physical activity on our mental health this year, we're asking participants across Hong Kong to complete **30km in nature** in March 2023 for their physical **and** mental wellbeing.

Join Mind HK in heading out into nature, and start exploring the tranquility of islands and green havens in Hong Kong. Participants can complete the challenge at their own pace. Simply walk or run outdoors, along any trails, coastal walks, or in parks.



# Become a #Movelt supporter

Become a #Movelt supporter and fundraise individually, in groups, or company wide!

Here are some ideas for you:

- Complete 30km or more (via several different hikes/walks/runs) in the month of March, e.g. 6 5km hikes
- Challenge yourself to complete 30km or more in one go and raise funds for Mind HK
- Challenge yourself to 1km per day outdoors in nature (e.g. by the harbour) to complete 30km in the month of March!
- Create your own individual/company challenge



# Why fundraise for #MoveIt?

All funds raised from Move It for Mental Health will go to our iACT programme to support the training of new therapists (Wellbeing Practitioners) to **provide free or low-cost mental health support** to vulnerable groups (e.g. low-income youth) facing mild to moderate mental health problems in Hong Kong.

This will help **create a sustainable, long-term solution** to address the mental health problem in Hong Kong. Similar programs elsewhere show that **up to 70%** of those who receive this type of therapy **require no further treatment.**

Learn more about iact: **[www.iact.hk](http://www.iact.hk)**

# How to start fundraising:

Start by clicking the SimplyGiving link provided below and select “**Start Fundraising**”

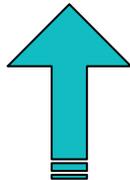
<https://www.simplygiving.com/event/moveithk2023>



**30km in nature Challenge - Move it for Mental Health 2023**

📅 06/02/2023 - 15/04/2023 📍 Hong Kong

 **Start Fundraising**  **DONATE NOW**





Sign Up / Log In



Setup



Page Info



Multimedia

## Next Steps:

1. Log in with your existing account if you are a returning user.
2. Otherwise, sign up for a new account.
3. Alternatively, sign up via your Google account.

### JOIN US

Already have an account? [Log In](#)

Email Sign Up

 I'm not a robot

reCAPTCHA  
[Policy](#) - [Terms](#)

Sign Up

Inspire me with email updates.

Or use Social Log In



Sign Up with Google

By signing up you agree to our [Terms Of Service](#) And [Privacy Policy](#).



# Personalise your page

Fill out the required fields and personalise your page by telling us why you are passionate about fundraising for the Move it for Mental Health campaign.

*Top tip: create an easy to remember URL.*



### Personalise your Page

**Select Page Type:**

- Corporate Team - Corporate team consisting of employees representing a company
- Team - Team of individuals not representing a company
- Pair - Pair of 2 persons
- Solo - Individual

**Is this corporate fundraising?**

- Yes
- No

**Page Title:** \*

**Fundraiser Name:**

**Your Page URL :** <https://www.simplygiving.com/> \* The Url path used to access your page

**Select your country** \*

**Shoutbox:**



# Share your story & your fundraising goals

Sharing your story will be an important part of gaining the attention of individuals who will want to support you. Use this opportunity to share why supporting physical and mental health is important to you.

Set a challenging but achievable fundraising target. This will motivate you and your supporters to help you reach your goal!

Your Story :

A Normal text ▼ **Bold** *Italic* Underline [List] [Grid] [Link] [Image]

Tell supporters about your story

HKD Fundraising Target \*

# Final Touches

Finalise your fundraising page by adding images or videos to make it more personalised and engaging.

Once you are happy with your page, click *finish* at the bottom right.

✓ Sign Up / Log In    ✓ Setup    Page Info    Multimedia

### Upload Images/Video

**PROFILE IMAGE**

Drop files here or click to upload.  
Recommended image size: 256 x 256 pixels

**GALLERY**

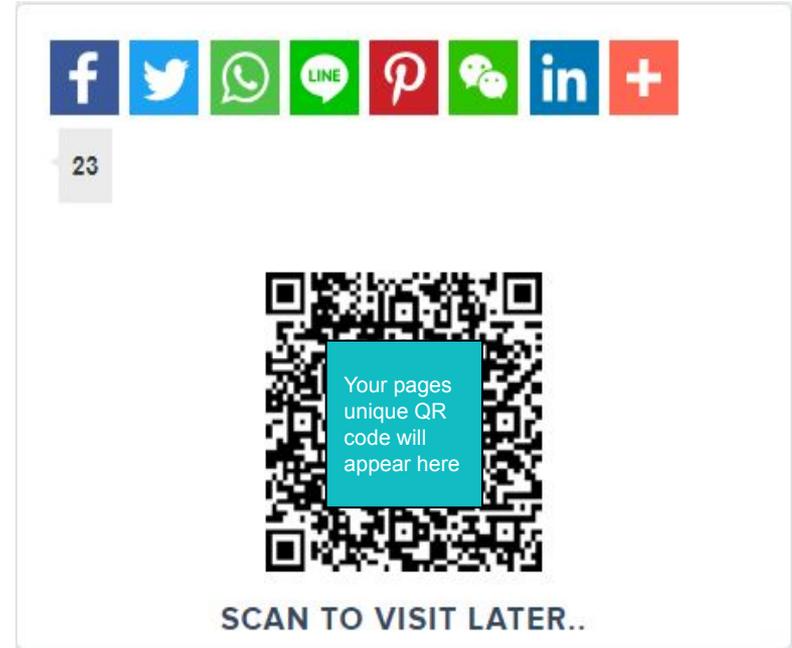
Drop files here or click to upload.

< Previous    Finish



# Share your fundraising page

Share your fundraising page with friends and family. Spread awareness and encourage new supporters by sharing on social media platforms.



**Thank you for your support and good luck with your fundraising efforts!**

Questions or want help setting up your page? Contact [melissa.kong@mind.org.hk](mailto:melissa.kong@mind.org.hk) and [sarah.rockowitz@mind.org.hk](mailto:sarah.rockowitz@mind.org.hk)