

SAMARITANS



Take time to connect over a cuppa

Top tips for organising a Brew Monday anytime of the year

Getting together for a cuppa, cake and a catch-up is a great way to connect all year round.

It doesn't matter if it's a Monday morning or Friday afternoon, or if you're drinking green tea, black coffee, or orange juice. If you're sharing a cuppa and listening, you're doing it right.

You can also turn your Brew Monday catch-up into a tea party or bake sale with colleagues to help raise vital funds for Samaritans, as well as using the time to check in with each other.



How to set up your event

- Pick a date, time and location – if you're organising an event at work, make sure you pick a day you know most colleagues are in.
- If you're organising a bake sale, recruit fellow bakers. The more bakes you have to sell, the more money you can raise! Think about gluten free and vegan options and throw in a few savoury treats for those who don't have a sweet tooth. Remember to label your bakes clearly for anyone with allergies.
- Let everyone know about your event – check out our Brew Monday assets on our [website](#), including cake flags and other useful bits.
- Set up a **JustGiving** page and create a **QR code** to print off so people can easily donate from their phones. You can also ask people to bring cash on the day.
- **Let us know what you're up to.** We'd love to hear about your plans! We can also send you posters, a collection box, leaflets and bunting to make sure your event looks fantastic.



£5 could help us answer a call for help that could save a life

Fundraising tips

- You can price things up beforehand or you can ask people to donate however much they want for a slice.
- Set up a friendly competition – get attendees to bring along their best bakes, with everyone chucking in a few pounds to take part, best bake wins a prize.
- Let everyone taking part know that every £5 raised helps Samaritans answer one potentially life-saving call.
- Take a look at our **Little Tips** and **SHUSH Listening Tips** to open up the conversation around mental health and how to help if you think someone is struggling.



Paying in funds raised

Set up a Just Giving Page

A fundraising page is the easiest way for people to donate and for you to pay in your fundraising. Find out how to set up an individual or team **JustGiving page here**.

By bank transfer

Get in touch with our Corporate Fundraising team via corporateteam@samaritans.org

By cheque

Make the cheque payable to 'Samaritans' and post to:

Corporate Fundraising Team,
Samaritans Registered Office,
The Upper Mill, Kingston Road
Ewell KT17 2AF

Remember to include a note with your details so we can say thank you.



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