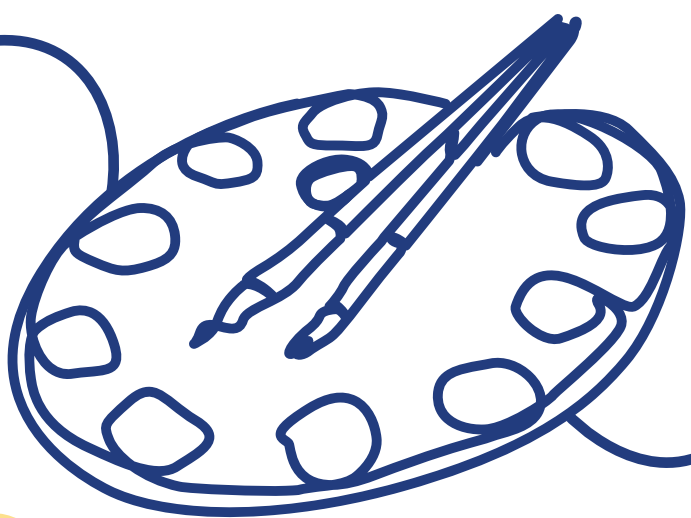


Host
your own

Virtual Crafternoon



Solent

What is virtual Crafternoon?

We've been spending a lot more time at home to help keep us safe. To look after our wellbeing, there are lots of activities we can do without going out that are fun and help us feel good - including crafting! That's why we've taken the nation's craftiest fundraiser online.

Since the beginning of April Mind has been hosting virtual Crafternoons on Zoom for anyone to join in. But now it's over to you!

Host your own virtual Crafternoon for friends and family and you'll be able to do something creative and connect with others, while helping raise vital funds to make sure we can continue to provide support and advice for anyone experiencing a mental health problem.

All you need is some basic supplies and a tablet, computer or phone, and you'll be ready to go.

Follow our step-by-step guide to help you host your virtual Crafternoon.



Step-by-step

1

Choose a craft!

There are lots of ideas on the Crafternoon template page, but we recommend:

Happy jars

Decorate a jar and fill it with positive notes and messages for those times when you need a little pick-me-up.

You could even write messages for your friends and family, like things you value about them or happy memories.

Collaged cards or journals

Decorate a card to send to a loved one or a notebook for work or journaling.

Top tip

Look at the materials you need for your chosen craft – will your guests be able to improvise from things they have at home?

For card making, you could use printer paper, old cards, or cereal boxes.

For collage materials, you could use old magazines or catalogues, cards or wrapping paper.

If there's anything people might want to buy or order online, make sure to give at least a week's notice for this.

2

Now choose how you'd like to get together for your virtual Crafternoon.

For our virtual Crafternoons we have used Zoom, but if you prefer using other platforms like Skype, Google Hangouts, or Facebook Messenger, then go for what is best for you. Choose a time and set it up!

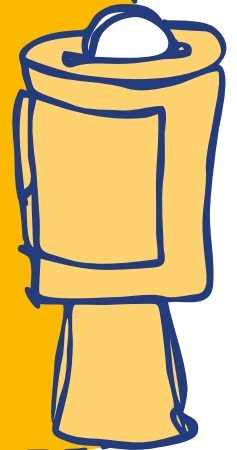


3

Set up a Just Giving page

Fundraise at your virtual Crafternoon to make a difference for mental health when it's needed most. Now more than ever we need your support to ensure no one has to face a mental health problem alone.

Set up your [Just Giving page for Solent Mind](#) and share the link with your guests. Ask them in your invite to make a donation to take part and remind them during the session.



4

Invite your guests!

Make sure you include information on how they can join in by Zoom or on Skype, your Just Giving page link, any materials they need to find and what you'll be making.

Here's some suggested wording for your invite that you could use on email, text or whatsapp.

You're invited to my virtual Crafternoon to fundraise for Solent Mind, the mental health charity!

During this uncertain period it's really important that we're taking time to do fun activities together, so that we stay connected and we're looking after our own wellbeing, like crafting!

So I'm hosting a virtual Crafternoon for Solent Mind on <date> at <time>. We'll come together on Skype/Zoom/Facebook Messenger and make our own Happy Jars/Cards/Journals.

All you need are some basic supplies:
<list supplies>.

And to follow this link on the day
<link to your Zoom meeting or Skype>.

I'll be fundraising for Solent Mind at my virtual Crafternoon to help make sure no one has to face a mental health problem alone, I'd love it if you could make a donation to Solent Mind here <link to your fundraising page>. Every penny will help ensure Solent Mind can be there for people experiencing mental health problems during these difficult times – whether they're struggling with isolation, anxious about their or their loved one's health or fighting on the frontline to save lives.

Looking forward to getting together to make something to brighten our days!



5

A couple of days before your Crafternoon check in with your guests to remind them to find supplies and make sure everyone's ready to go.



During the Crafternoon encourage everyone to share what they are making and choices they are taking for their creations.

Don't forget to get a hot drink and your favourite snack to keep you going while you craft.

6

7

Afterwards, don't forget to thank everyone who took part, and share your makes on social media using

#Crafternoon



We'd love to hear from you

If you have any questions or would like to talk through ideas about your virtual Crafternoon please get in touch, we'd love to hear from you.

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for better mental health