

TEAM FUNDRAISING EVENT

Date: _____

Time: _____

Where: _____

What We Are Doing: *Completing a "marathon in a month" for Mental Fitness*

How To Get Involved: *Just add your daily steps to the team tracker and get sponsored for your steps! Every step counts!*

*You can
donate here!*



Why are we doing this? To support the work of Family Mental Fitness North East CIC.

Funds raised support early intervention mental health and wellbeing programmes for children, young people, and families across the North East.

familymentalfitness.com
CIC Number 16642311



Better Together
Safe · Calm · Create · Connect · Grow