

MSA Mental Health Awareness Month – Fundraising Ideas

Below are some ideas for individuals, Clubs and Branches to consider making a difference this May for the MSA Mental Health Awareness Month. As a start, consider rebranding an event/function that is already planned for May.

Individual

- Donate to the nationally supported organisation (Link will be provided)

As a club with gold coin donations or other donations for participation

- Club BBQ/picnic with novelty races (e.g., sack races, spoon races)
- Club novelty swim event morning (e.g., noodle races, or water polo/basketball competitions)
- Skins event training (e.g., knock out race training)
- Walk and morning mental health awareness morning tea (Walk around a lake or on the foreshore followed by morning tea and speakers/discussions)
- Specialty / Guest coaching sessions
- Guest appearance with someone to talk to clubs about their personal experiences with mental health and how swimming/fitness helped them overcome personal adversity (i.e., BDI Breaking Down Depression)
- Club fancy dress fundraiser
- Wet and Wild day
- Introduction to Pilates/ yoga session

Club or Regional Event

- Regional championship event – incorporate a gold coin donation for existing events in May and provide mental health materials/guest speakers etc
- Joint club training and sprint session with gold coin donation
- Club dual or tri meets with part of proceeds from event going toward MSA Mental Health Awareness Month
- Intraclub relay morning with part of proceeds or gold coin donation going toward MSA Mental Health Awareness Month

Branch Event

- Branch Raffle
- Silent/ Virtual auctions

National

MSA are selling MHA caps from April onwards to raise money for the Black Dog Institute (\$17.50 incl postage)

**MSA Mental Health
Awareness Month
ON SALE NOW:**

