

## **MSA Mental Health Awareness Month – Fundraising ‘Set Your Challenge’ Ideas**

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Below are some ideas for individuals, Clubs and Branches to ‘Set a Challenge’ during 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) or in Dress Up (e.g., sporting teams, Marvel)
- Club novelty swim event morning (e.g., noodle races, or water polo/basketball competitions, 3 armed racing)
- 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/swim-a-thon
- 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)

