**Press Release**

**INSERT THE DATE HERE**

**INSERT THE HEADLINE HERE**

WRITE DETAILS OF THE FUNDRAISING ACTIVITY/EVENT HERE. MAKE SURE YOU INCLUDE THE LOCATION, DATE AND TIME.

IF YOU WANT PEOPLE TO DONATE TO OR SPONSOR YOUR EVENT, MAKE SURE YOU SAY THAT YOU ARE RAISING FUNDS FOR BUCKINGHAMSHIRE MIND AND INCLUDE DETAILS OF HOW PEOPLE CAN DONATE OR SPONSOR (e.g. include the link to your online fundraising page).

IF YOU ARE SENDING THIS PRESS RELEASE OUT AFTER YOU HAVE COMPLETED YOUR FUNDRAISING ACTIVITY/EVENT, INCLUDE DETAILS OF HOW MUCH YOU RAISED FOR BUCKINGHAMSHIRE MIND. IF YOU HAVE PHOTOS OF THE ACTIVITY/EVENT, INCLUDE THE FOLLOWNG TEXT:

Photos of this event are available on request.

For more information, please contact INCLUDE YOUR NAME, TELEPHONE NUMBER AND EMAIL ADDRESS HERE. IF YOU HAVE A WEBSITE, INCLUDE THE WEB ADDRESS HERE.

**ENDS**

**Notes for Editors:**

* Buckinghamshire Mind’s vision is that everyone with a mental health problem gets both support and respect.
* The charity delivers mental health services in local communities, in Buckinghamshire and East Berkshire.
* It promotes wellbeing and recovery; prevents mental ill health; offers talking therapies and provides support in times of crisis.
* Buckinghamshire Mind is an independent charity that is proud to be affiliated with national Mind and to adhere to its quality standards of governance and service delivery. It is part of a network of over 100 Local Minds, which provide trusted mental health services to our communities.
* “Together we are Mind. Open, caring, experienced, unstoppable, together. We stand up for mental health. Our services change lives. For support. For respect. For you.”