

 mind Hammersmith, Fulham, Ealing and Hounslow

# Mental Elf 2025

Sunday 30<sup>th</sup> November 2025  
Gunnersbury Park







# What is Mental Elf?



Mental Elf is a festive fun run bringing together the local community to run or walk 5k together and raise awareness and funds for Mental Health support in Hammersmith, Fulham, Ealing and Hounslow.

2025 will be the first year for this fun new event, however the concept has been successfully held across the UK by other local Minds for the last decade.

All of the funds from this event will go towards mental health support services in West London.



1 in 4 of us will struggle with a mental health issue this year. It's our mission to make sure no one goes through that alone.



# Hammersmith, Fulham, Ealing and Hounslow Mind

We are your local, independent mental health charity supporting people here in West London.

- We're here to make sure that everyone suffering with a mental health problem gets the help they need to recover.
- We listen, support recovery, fight stigma and work with partners to take action.
- We provide services for adults, children and young people, signposting for everyone and training and consultancy for employers.

*"My life has got better in one week with the support from Safe Space. HFEH Mind are heroes and I can't thank them enough for the support during this tough time for everyone."*



# Sponsorship Packages



## Headline Sponsor - £2,000

### Brand Exposure:

- Your logo to feature across event promotional materials including HFEH Mind Website, social posts, and leaflets
- Your sponsorship to be included on press releases about the event
- Dedicated space to have your own stand at the event with company information
- Your logo to appear on the day on roller banners at registration
- Option to include a promotional item in the goody bags
- Five dedicated social posts ahead of the event and one thanking you for your support post event

### Team Building

- 5x Free entry places to Mental Elf 2025

## start / Finish line Sponsor - £800

### Brand Exposure:

- Your logo to appear at the Start/Finish Line on race day
- Your logo to feature on the Mental Elf Event page on the HFEH Mind Website
- Three dedicated social posts

### Team Building

- 3x Free entry places to Mental Elf 2025

# Goody Bag Sponsor - £500

## Brand Exposure:

- Your logo to feature on the Mental Elf Event page on the HFEH Mind Website
- A promotional item or branded marketing leaflet / card alongside a sponsor card in every goody bag
- A dedicated social post thanking you for your support

## Team Building

- 3x Free entry places to Mental Elf 2025

# KM Marker Sponsor - £150

## 5x available

## Brand Exposure:

- Your logo to feature on one of the KM markers during the run
- A dedicated social post thanking you for your support

## Team Building

- 1x Free entry place for Mental Elf 2025

**Interested in one of our sponsorship packages? Please get in touch at [fundraising@hfehmind.org.uk](mailto:fundraising@hfehmind.org.uk)**





# Other ways to support

## Volunteer

We need some Santa's little helpers to volunteer to help us make this event happen. If you think you might be able to support with one of the below roles please email us at [fundraising@hfehmind.org.uk](mailto:fundraising@hfehmind.org.uk)

- Goody bag packing
- Route Marshalling
- Tail Walkers
- Face Painting or children's entertainer



## Take part

Round up a team, get your best elf attire ready and run or walk for mental health support in West London. You'll be able to book tickets this Summer on our website. Keep an eye out on our socials for updates. @HFEHMind

## Donate goods

If your business is able to provide food or drinks or an item for our goody bags then please consider providing a goods donation. Contact [natalie.adams@hfehmind.org.uk](mailto:natalie.adams@hfehmind.org.uk) if you think you might be able to support.