



# Fundraising & Events NEWSLETTER

West Yorkshire's  
Children & Young Person's  
Mental Health Charity

**SUMMER 25**

Charity no: 1193094



Registered with  
**FUNDRAISING  
REGULATOR**

# Welcome to our Fundraising & Events Newsletter!



thank  
★ you ★

Welcome to Invictus Wellbeing's Fundraising & Events Newsletter Summer edition.

This is where you'll find out about all things fundraising and what we have coming up each quarter.

Join us to celebrate the fantastic work already done and to help us push our fundraising efforts further and further each year, to improve the mental health of children and young people across West Yorkshire.

**Thank you to everyone who has supported us through 2024. We cannot wait for all the amazing events to celebrate our 10th Birthday through 2025 we hope you can join us!**

**10**  
**YEARS**  
OF INVICTUS



HELP SUPPORT THE MENTAL HEALTH AND WELLBEING  
OF CHILDREN AND YOUNG PEOPLE ACROSS WEST YORKSHIRE

**SUNDAY 25 MAY // 11AM TIL LATE**

LIVE MUSIC STREET FOOD FREE KIDS ACTIVITIES DOG SHOW & MUCH MORE!  
ADULTS £10 KIDS £5 (UNDER 17) KIDS FREE (UNDER 12) FAMILY TICKET £20 (2 ADULTS & UP TO 3 KIDS)

**HEATH RUGBY CLUB GREETLAND HX4 8LS**



**FAMILIES WE  
NEED YOUR HELP!**



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# ***THE INFLATABLE 5K - FUN RUN***

The Inflatable 5k is not a race. It's all about having fun and taking part with friends and family. Whilst having fun, you'll be helping us raise vital funds to support Children's and Young people's mental health in West Yorkshire



**Saturday 14th June  
9-2.30PM**



**Harewood House  
Leeds, LS17 9LG**

**REGISTER NOW** 



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**FUNDRAISING  
REGULATOR**

**ADULTS £30  
CHILDREN £20**

**"JOIN THE FUN AND HELP  
RAISE VITAL FUNDS!"**



# Fundraising!



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## **TOTAL TIMEOUT WARRIORS!**

### **GETTING DIRTY FOR A GREAT CAUSE.**

**AS PART OF TIMEOUT 20<sup>TH</sup> ANNIVERSARY WE ARE  
TAKING ON THE ULTIMATE CHALLENGE, TOTAL  
WARRIOR.**

**OUR TEAM WILL BE DIVING HEADFIRST INTO MUD,  
OBSTACLES, AND MAYHEM WITH NOTHING BUT GRIT,  
TEAMWORK, AND A LOT OF LAUGHS!**

**WE WILL BE PUSHING OUR LIMITS, HAVING A BLAST AND  
RAISING MONEY FOR A CAUSE THAT MATTERS.  
SO LACE UP, CHEER US ON AND LETS SHOW EVERYONE  
WHAT TIMEOUT WARRIORS ARE REALLY MADE OF.**



**SCAN THE QR CODE  
TO DONATE NOW!**

[WWW.INVICTUSWELLBEING.COM](http://WWW.INVICTUSWELLBEING.COM)

# We need you!

REGISTER NOW



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## MIND OVER MATTER CHARITY CLIMB

**FANCY TAKING ON A 28-METRE MONSTER WALL?!**

★ **The Challenge is ON!** ★

We are calling all thrill seekers, daredevils, and fearless first-timers to tackle ROKT's legendary 28-metre outdoor climbing wall – the tallest in the UK! No experience needed – the ROKT Foundations team's got you!

**Age 7+**

**20th September (Weather dependent)**

**£15 registration fee + any sponsorship you raise**

The "mind over matter" concept in rock climbing emphasizes the power of mental fortitude to overcome physical challenges and achieve goals. It involves focusing on the process, managing fear, and believing in one's abilities, rather than just relying on physical strength



**Climb big. Push limits.  
Have Fun.  
Sign up now!**

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# You are Amazing!

#BLUE  
SOME  
GOOD



THANK  
.. YOU  
😊

CHILDREN'S MENTAL  
HEALTH WEEK 2025

You raised an incredible....



£1022



Thank you to everyone  
who took part.



# Check this out!



**£1173**

**YOUR DEDICATION AND EFFORT MEAN SO MUCH TO US AND WILL MAKE A REAL DIFFERENCE IN SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH. THANK YOU BOTH FOR GOING THE EXTRA MILE— LITERALLY!**



**THANK YOU**  
😊

**We have two huge thank-yous to say to Craig and Lucy, who took on the Cambridge Half Marathon in march to raise vital funds for Invictus Wellbeing.**



Check this out!

AMAZING



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# PROM SALE

**We have raised an incredible  
£1000**

Thank you to all those people who donated or purchased an outfit. Our Vinted Page is still live with some items still available to buy.  
**Bag a bargain!**

**Vinted**

FR Registered with FUNDRAISING REGULATOR Charity No: 1193094

The poster features a dark space background with yellow star trails. The text is primarily in white and yellow. A yellow speech bubble contains the thank you message. The Vinted logo is in teal. A QR code is located in the bottom right corner of the poster area.

thanks  
for your  
support

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# FUNDRAISING



THANK  
YOU



IN APRIL BRIGHOUSE LADIES CIRCLE PRESENT  
INVICTUS WELLBEING WITH A CHEQUE FOR AND  
AMAZING.

**£1938.13**

WE WERE DELIGHTED WHEN THE GROUP DECIDED TO CHOOSE  
INVICTUS WELLBEING AS THEIR CHOSEN CHARITY FOR  
2024/25. THEY HAVE SPENT THE YEAR COMPLETING A VARIETY  
OF ACTIVITIES FROM RAFFLES, SANTA FLOATS AND LOTS MORE.

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# Thank you



**A HUGE THANK YOU TO  
OYSTER FOR HOSTING  
A FANTASTIC GOLF  
DAY IN SUPPORT OF  
INVICTUS WELLBEING!  
WE ARE INCREDIBLY  
GRATEFUL FOR YOUR  
GENEROSITY AND  
THRILLED TO SHARE  
THAT YOU RAISED AN  
AMAZING**

# £1000



**YOUR SUPPORT  
MAKES A REAL  
DIFFERENCE  
THANK YOU!**



# How you can support Invictus Wellbeing?



**IS YOUR BUSINESS, SCHOOL OR ORGANISATION CURRENTLY CONSIDERING CHOOSING A CHARITY OF THE YEAR?**

**IN 2025, INVICTUS WELLBEING TURNS 10, AND IT'S A GREAT YEAR TO JOIN US AS YOUR CHARITY OF THE YEAR.**

**DID YOU KNOW THAT ANY FUNDS RAISED WILL GO TOWARDS:**  
**REDUCING OUR WAITING LISTS**  
**OFFERING SESSIONS IN A VARIETY OF LOCATIONS**  
**BEING ABLE TO PROVIDE RESOURCES TO FAMILIES**  
**OFFER SPECIALIST PROJECTS IN LOCAL COMMUNITIES**  
**RESPOND TO THE NEEDS OF YOUNG PEOPLE LOCALLY**

**INVICTUS RELY HEAVILY ON DONATIONS, AND EVERY DONATION GOES A LONG WAY TO HELPING SUPPORT YOUNG PEOPLE ACROSS WEST YORKSHIRE.**

**[WWW.INVICTUSWELLBEING.COM](http://WWW.INVICTUSWELLBEING.COM)**

# CHOOSE US AS YOUR LOCAL CAUSE

Co-op Members can support us  
through the Local Community Fund  
[membership.coop.co.uk/causes](https://membership.coop.co.uk/causes)



OWNED BY YOU.  
RIGHT BY YOU.

WITH THANKS TO THE CO-OP, WE ARE GRATEFUL TO BE CHOSEN AS  
ONE OF THEIR LOCAL CAUSES ACROSS #BRADFORD!

SIGNING UP, SHOPPING AT CO-OP AND SUPPORTING INVICTUS  
WELLBEING WILL MEAN RAISING VITAL FUNDS TO SUPPORT OUR  
#THRIVEAPPROACH PROGRAMME ACROSS BRADFORD AND  
DISTRICT!

READ MORE AND GET INVOLVED HERE:  
[HTTPS://MEMBERSHIP.COOP.CO.UK/CAUSES/88525](https://membership.coop.co.uk/causes/88525)

THANK  
YOU

[WWW.INVICTUSWELLBEING.COM](https://www.invictuswellbeing.com)



# How you can support Invictus Wellbeing?

**We are always so grateful for individuals, groups and businesses who want to support us.**  
**If you would like to help us celebrate our 10 years working with young people then please get in touch with your fundraising ideas and suggestions.**

**Many groups choose to take on a challenge, organise an event or simply make a donation. Whichever way you would like to fundraise for us, we can guarantee your donation will go a long way across West Yorkshire.**

**FUNDRAISING IS A LITTLE BIT DIFFERENT WITH INVICTUS**  
**We look to build proactive relationships with fundraisers - go and meet them and ask them to come and see what we do on a daily basis to show where donations are being spent.**

**That's why if you fundraise for Invictus, you will be paired up with a member of our team to support you on your fundraising journey each step of the way!**



# Our Impact

Lets take a look back at some of  
amazing work at  
Invictus Wellbeing during 2023/24



We hope to work with even more young  
people in 2025 and beyond!

# How you can support Invictus Wellbeing?



## VOLUNTEERS NEEDED!

Would you like to volunteer for Invictus Wellbeing?  
Join us in making a difference for young peoples  
mental health and wellbeing across West Yorkshire

**DO YOU HAVE A FEW SPARE HOURS  
A WEEK TO SPARE?**



**JOIN  
US!**

**Invictus Wellbeing are looking for dedicated  
individuals to join our Fundraising Team as  
Fundraising and Engagement Volunteers**

If you have a passion for helping young people  
and supporting them with their mental health and  
wellbeing. This could be the role for you. Could  
you spare a few hours a week or a month to  
helping support our amazing charity.

Contact Katie Dewhurst  
07562242429 for more  
information or by checking  
out our website by clicking on  
the link below.



**Thank  
you!**

[WWW.INVICTUSWELLBEING.COM](http://WWW.INVICTUSWELLBEING.COM)



# Would you like to volunteer for Invictus Wellbeing?

**Could you spare a few hours a month to help promote our Charity and the amazing work we do?**

## FUNDRAISING VOLUNTEER

***Could you commit to a few hours a week to raise vital funds for our projects?***

We are looking for enthusiastic and charismatic individuals who can help us fundraise for our cause.

## PROJECT VOLUNTEER

***Could you support projects which boost mental wellbeing?***

We are looking for project volunteers who can commit to between 1-5 hours per week. Their role would be to support our project delivery and help young people access support and activities.

## PLACEMENT COUNSELLOR

***Could you carry out your placement counselling hours with us?***

We are always on the lookout for student counsellors who would like to carry out their placement hours as part of one of Invictus Wellbeing's 1-2-1 services.



# **INVICTUS**

## **well-being**



### **BECOMING AN INVICTUS CHARITY PARTNER**

#### **FIND OUT HOW!**

**Supporting Invictus Wellbeing means supporting children and young people in West Yorkshire to access better support for their mental health and wellbeing.**

**WE ARE ALWAYS SO EXCITED TO PARTNER WITH LIKE MINDED ORGANISATIONS WHO CARE ABOUT THE COMMUNITIES THAT THEY WORK IN AND SERVE.**

### **COULD YOU HELP US ON OUR MISSION?**

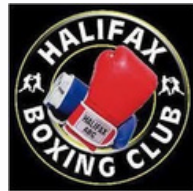
#### **WHAT CAN YOU EXPECT?**

- Easy, proactive & collaborative relationship with our community team.**
- Support with fundraising and free workshops/activities for your team (where possible).**
- High engagement from your staff in supporting a worthy cause.**
- Your social and corporate responsibility completed in creative and innovative ways and you can ask where your money goes.**
- Your customers respect by supporting local charities rather than box ticking.**
- Alternatives to conventional 'give us money' partnerships**

**IF YOU ARE INTERESTING IN FINDING OUR MORE PLEASE  
CONTACT KATIE DEWHURST ON  
KATIE.DEWHURST@INVICTUSWELLBEING.COM  
OR TELEPHONE: 07562242429**

# Thank you to our charity partners in 2024

We cannot do this without your  
continued support.



Harveys of Halifax

**Thank you to all our amazing  
schools, colleges and our  
individual supporters and  
volunteers.**