**ALL ABOUT RED JANUARY**

**What is RED January?**

RED January is a community initiative that encourages you to support your mental health by doing something active every single day.

Whether it is running 5k, or walking to work a new way, a morning swim or taking your bike out for a spin - join the thousands of people around the UK kick-starting their 2019 in the most positive way.

**How can physical activity help support your mental health?**

RED January is founded on research that physical activity can have a positive impact on your mental health.

87% of REDers reported feeling significantly better physically and mentally after completing RED January 2018 according to the post-RED survey.

More information about the [importance of physical activity to mental health](https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-sport-and-exercise/%25252523.W5U40_knY1k) can be found on Mind’s website.

**Why January?**

RED January can provide you with a goal and focus to help you through a characteristically tough month.

Typically we can be cash poor in January; RED January is free and all-inclusive.

RED January can empower, educate and support you to start the year as you mean to go on, forming healthy habits to continue throughout January and beyond.

**What if exercising every day seems too daunting?**

Whether you’re planning on swimming lengths every morning, walking 10 mins a day, attending your favourite fitness class or running 100 miles in the month, every achievement is celebrated no matter how big or small.

You can scale things up or ease them back, just keep listening to your body. RED experts will be on hand to offer handy tips and advice.

**Are there any risks associated with exercising every day?**

In most circumstances, exercising is beneficial for your mental and physical health and can be helpful as part of a long-term recovery or treatment plan. But there are some situations where you might need to take extra care in case it starts to become a problem for you.

It’s important to be aware that you could be at risk of over-exercising. RED January encourages setting realistic goals, tailored to YOU. We are all unique and our approach to exercise should be also. The general advice is that exercise should be around 30 minutes per day, no more than 45 minutes.

We also encourage REDers to mix up their routine with yoga and stretching, doing low impact sports where possible and rest when needed.

[Find more information about exercising safely on Mind’s website.](https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-sport-and-exercise/%25252523.W5U40_knY1k)

**Where does RED January take part?**

At a location that suits you. Whether you're exercising solo, with friends, family, colleagues, or even your pet dog, you decide where and when is best for you to enjoy your daily activity

You can also feel supported in the knowledge that you will be part of a growing community of REDers around the country that will be out and about getting active at the same time as you.

**RED JANUARY REGISTRATION**

**How do I register?**

To register go to redtogether.co.uk and click on Register Now.

Registration for RED January is free ensuring the RED experience is as inclusive as possible.

**When is the deadline to register for RED January 2019?**

The deadline to register for RED January is 3 January 2019. We recommend that you register early to get the most out of your RED January experience, including access to RED materials like t-shirts and shoelaces which are provided on a first-come-first-served basis.

**How do I get a RED t-shirt?**

We are excited to share RED’s exclusive RED January 2019 technical t-shirts (including some very special touches).

As the t-shirts do come at a significant cost to Mind, there is a charge of £10 to help cover these costs and ensure funds raised from those taking part in RED January are used to support better mental health.

When you register at redtogether.co.uk there will be an option to purchase a t-shirt – a range of sizes in male and female fits are available. All t-shirts are available on a first-come-first-served basis.

**I did not purchase a RED t-shirt when I registered and I now would like to buy one. Can I still buy a t-shirt?**

Yes! We can offer each REDer the opportunity to buy one t-shirt, so if you did not purchase one when you registered, all you need to do is re-visit the registration page at

redtogether.co.uk and log in with the credentials you used to register. You can then access the t-shirt purchase page.

As t-shirts are available on a first-come-first-served basis, we would recommend that you buy a t-shirt as soon as possible if you would like one.

If you have set up a JustGiving or Virgin Money Giving page for RED without registering on the website, you will need to complete the full registration at redtogether.co.uk in order to purchase your RED t-shirt.

**I am under 16 – can I still take part in RED January?**

Yes – taking part in healthy physical activity when young is a great way to form good habits for the future. These habits will help you stay well and support your physical and mental wellbeing.

If you are under 16, please check with your parent or guardian to get their permission to take part.

**What will you do with any personal information I give you?**

We will look after any personal information you share with us. This is central to our values as an organisation. We want everyone who supports us, or who comes to us for support, to feel confident about how any personal information they share will be looked after or used.

[Please read our privacy policy](https://www.mind.org.uk/legal-info/privacy-policy/) for full details on how we process, store and use personal data and our [Supporter Promise](https://www.mind.org.uk/about-us/supporter-promise/?ctaId=/get-involved/donate-or-fundraise/slices/our-supporter-promise/) for how we work to value and respect your support.

**FUNDRAISING DURING RED JANUARY**

**I want to fundraise when I take part in RED January – what do I need to do next?**

Fantastic! To date REDers have raised over £1.3m for Mind, making a real difference to

people experiencing a mental health problem across England and Wales. Visit RED’s social channels; @redjanuaryuk, to find out more about the impact of RED January fundraising.

If you would like to fundraise, the easiest way is to set up a JustGiving page. To set up your RED January 2019 fundraising page for (local Mind), go onto Justgiving and visit the (insert local Mind RED January campaign page or event page link), select ‘Start Fundraising’ and you’re ready to set up and customize your page, your way. If you need any more help with getting your page set-up, feel free to drop us an email at (local Mind email)

Share your page with all your family, friends and on your social networks to make sure everyone can see and support your incredible RED journey.

There is no individual fundraising target for RED January – we encourage you to raise whatever you feel comfortable with. Every pound REDers raise is hugely important in continuing Minds vital work.

The RED January team will be sharing regular updates via email once you have registered, which will include useful tips for your fundraising. You can also access lots of useful materials and ideas on the downloads section of the website. (URL TBC)

**I want to collect my fundraising in cash and cheques, how do I send this money to Mind?**

You can send in your fundraising in three ways:

By post – send your cheques to: Mind RED January team, 15-19 Broadway, Stratford, E15 4BQ. Please include your name and full postal address plus that you have taken part in RED January 2019

Over the phone - call our Supporter Relations team on 0300 999 3887 to make a credit or debit card payment

Online – [donate on the Mind website](https://www.mind.org.uk/get-involved/donate-or-fundraise/donate/). Please include ‘RED January’ in your reference

**Are there any materials you can send me to help me with my fundraising?**

Mind and RED January have a range of materials to help you make of the most of your fundraising.

**How do I get a fundraising medal?**

We’d be delighted to send you a medal in recognition of your fundraising achievements and how much you have raised to support Mind’s vital services.

These medals will be automatically sent to RED fundraisers from 1 March 2019 onwards. This is to give everyone enough time to collect and send in their fundraising and make sure everyone who should get a medal does receive one. Medals will be sent to the address you originally registered your RED January participation under.

If you have not received your medal by the end of March 2019 and you did fundraise as part of RED January, please let the RED January Team know by (local Mind contact details)

**I’m fundraising with someone else/in a team – will we all receive a medal?**

If you are joint fundraising with another person or team, please make sure all the fundraisers are listed on your JustGiving page.

If you haven’t already let us know who you’re fundraising with, please email

(local Mind contact details) with the subject line ‘team fundraising’ and we will review these emails when medals start to be sent you to ensure you receive the right amount.

**I’m fundraising using Virgin Money Giving – am I registered to take part in RED January and will I still receive a medal?**

All RED January registrations must be completed at the (local Mind) registration page (redtogether.co.uk) to ensure your details are recorded on our database.

When you set up your Virgin Money Giving page, this will be matched to your entry on our database so that you will receive a fundraising medal.

**RED JANUARY COMMUNITY**

**How do I connect with other RED January participants?**

You can join the RED online community via RED January Facebook, Instagram and Twitter via redjanuaryuk.

The communities are a space for you to share your personal progress and feel supported by endless amounts of encouragement.

Facebook - [facebook.com/redjanuaryuk](http://facebook.com/redjanuaryuk)

Instagram - [instagram.com/redjanuaryuk](http://instagram.com/redjanuaryuk)

Twitter - [twitter.com/REDJanuaryUK](http://twitter.com/REDJanuaryUK)

Why not include **#REDJanuary** in your social posts so we can see where your RED January journey takes you.

**I have an interesting story to tell about why I am taking part in RED January – who can I contact?**

We would love to find out more about why REDers are taking part! Please contact (local Mind contact details)

We may receive more offers of stories than we are able to respond to or publish, but we aim to get back to as many of you as we can.

If you want to share your story and photos with the RED community, please do post them straight onto the RED community social media channels.

**How do I contact someone from the RED Support team?**

Share your thoughts, ask a question or simply say hello contact us at (local Mind contact details)

**After January, is that it for RED?**

We know that those of us who experience low moods, difficult life circumstances and more severe mental health conditions are not restricted to feeling the symptoms for one month of the year.

As a REDer, January is just the beginning. RED January has had life-changing effects on the lives of many people who continue their newly found (or rekindled) relationship with physical activity well into the future.

The RED community and Mind are here all year round. Feel free to remain part of the community, share stories and offer and receive support after your RED January experience and know that the RED community will be with you every step, splash and pedal of the way.

There are also local Mind events throughout the year for you to continue using physical exercise to help manage your mental wellbeing – for more information Local mind details here

**Can you tell me more about the partnership between RED January and Mind**

RED January is proud to be continuing its exclusive charity partnership with Mind. Many taking part in RED January choose to fundraise for Mind, supporting the vital work that they do for mental health.

**I need support with my mental health / the mental health of a loved one – how can you help?**

**Infoline**

The Mind Infoline is open from 9.00 – 18.00 Monday to Friday and can be contacted on 0300 123 3393. You can also text the Infoline on 86463 or email [info@mind.org.uk](mailto:info@mind.org.uk)

[Information about other Mind helplines including the Legal Line and Blue Light Infoline are available on Mind’s website.](https://www.mind.org.uk/information-support/helplines/)

**Information**

[There is a wealth of information about a huge range of issues on the Mind website](https://www.mind.org.uk/information-support) – all the information is available free of charge and has been certified as trustworthy and reliable by the Information Standard.

**Elefriends**

Elefriends is a supportive online community where you can be yourself. We all know what it’s like to struggle sometimes, but now there’s a safe place to listen, share and be heard.

Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to other – [find out more on Mind’s website](https://www.mind.org.uk/information-support/support-community-elefriends/).

**Local Minds**

(insert local Mind services)

**Crisis support**

If you need immediate help, please contact your Accident & Emergency department or call NHS Direct (111).

You can also contact the Samaritans who are available 24/7 by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)