

Support Team **AWARE**

OVERCOMING DEPRESSION.
CHANGING LIVES.

in a virtual fundraising event!



AWARE Bake Off!

Bring out your inner Mary Berry and challenge your friends to a bake off for AWARE. We have some great recipe ideas for you!

Host a Virtual Quiz

Host your own 'pub quiz' on Zoom & ask your friends or family to donate to AWARE! We've got you covered with a general knowledge and a F.R.I.E.N.D.S themed quiz!

Wellness Challenge

Look after your well-being and make a donation to AWARE. Host a coffee morning, join a mindfulness session or do yoga online.

Host a Bingo Night

Get your friends or family together and host a virtual bingo night for AWARE.

#NoHairForAWARE

Brave the shave and lose your luscious locks for AWARE. Why not rock a Mohawk for a week or a handlebar moustache?



Get active for AWARE!

Staying active is great for your mental health! do 10,000 steps or walk 5k a day for 7 days!

Kid's Art Challenge

We want to see your little one's drawings of 'What Matters Most'. Share on social media and tag us! Make sure to use #HomeAndAWARE!



#HomeAndAWARE

Donate: justgiving.com/campaign/homeandaware
For more information: aware-ni.org/homeandaware