



Outside in October

Fundraising Pack

Welcome to

Outside in October!

Thank you for signing up to take part in our brand-new fundraising challenge this October.

You will be joining people all across the UK to spend time outside each day to boost your wellbeing all while raising money to support people affected by bipolar.

From all of us at Bipolar UK, thank you for being part of our team and helping us create a world where no one has to face bipolar alone. We couldn't do what we do without supporters like you.

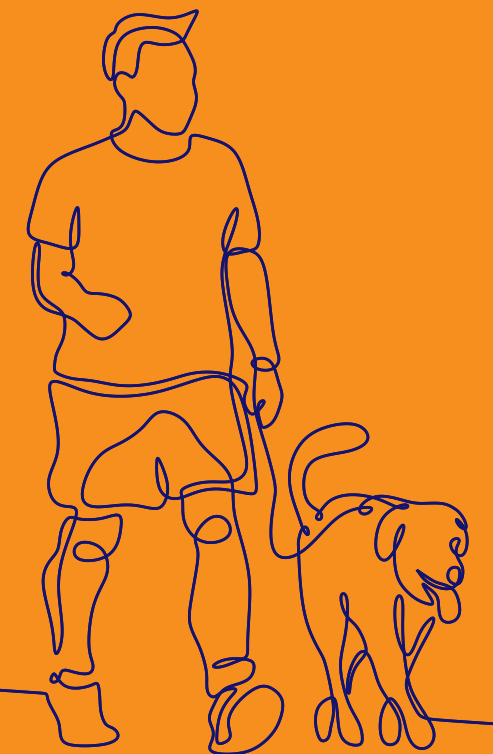


Getting started

You've signed up and you've got your fundraising page, so what's next?

It's time for you to decide on what your challenge is going to be and to choose a realistic fundraising target. Whether you've joined on your own or in a team, your challenge should be bespoke and achievable.

- 1) Personalise your fundraising page:** Edit your fundraising page and share your story. Let people know why you are taking part in Outside in October and what you are going to do throughout the month.
- 2) Set your challenge:** Decide how and when you are going to get outside and set your fundraising target, make it achievable and personal.
- 3) Spread the word:** Share your challenge and progress with friends and family to start fundraising.



50 ideas for your 50 minutes!



1. Walk to work instead of driving
2. Go on a dog walk
3. Try couch to 5k or a park run
4. Go birdwatching
5. Explore a national trust
6. Go on a cycle
7. Go fishing
8. Do a photography walk
9. Go on a 'Colour walk' (see page 7)
10. Pick some flowers and collage with them
11. Paint in the park
12. Read a book or journal outdoors
13. Picnic in the park (bring blankets!)
14. Go bug hunting
15. Play tennis
16. Play football
17. Play golf
18. Stargaze
19. Try rollerblading
20. Go on a beach walk
21. Watch the sunset
22. Do outdoor sketching or journalling
23. Go to a drive-in cinema
24. Paint an autumn scene
25. Go on a boat trip
26. Park bench coffee date or coffee walk
27. Go to a farm or petting zoo
28. Try an outdoor gym class or yoga
29. Try gardening
30. Grow a seasonal vegetable
31. Visit a pumpkin patch
32. Go trick or treating
33. Build a den in the forest
34. Jump in muddy puddles
35. Visit a castle or historic site
36. Play conkers
37. Collect autumn leaves
38. Go apple or blackberry picking
39. Feed the ducks
40. Go to a market
41. Go rock pooling
42. Visit a botanical garden
43. Explore a new local village or town
44. Run a 10k
45. Walk a marathon
46. Visit an outdoor sauna
47. Fly a kite
48. Go on a local ghost walk
49. Take on the Thames footpath challenge
50. Go to a car boot sale

Top tips to boost your fundraising

Set a target: Let people know how much you're hoping to raise. Having a clear goal can inspire generosity and gives supporters something to help you work towards.

Personalise your fundraiser: Share why you're taking part in Outside in October and what supporting Bipolar UK means to you. Personal stories are often the biggest motivation for people to donate.

Use social media: Share updates, photos and videos throughout your challenge. Don't forget to regularly post your fundraising page link and tag Bipolar UK so we can share your post. You can also post updates directly on your fundraising page so supporters can follow your progress.

Ask locally: Reach out to local businesses, community groups or organisations for support. They may be willing to sponsor your challenge, donate a prize, or help spread the word. If you feel comfortable, it's also worth checking whether your employer offers matched funding.

Celebrate milestones: Let your supporters know when you reach key fundraising or challenge milestones. Celebrating progress keeps people engaged, and some supporters may be waiting until they see how you're getting on before making a donation.



Want to take your challenge a step further?

Why not challenge yourself to....

- Aim high and raise an extra £50 or £100 for your fundraiser
- Increase your daily goal to 1 hour a day outside (or more, if you can manage it!)
- Walk or run the length of a marathon over the month, OR...
- Use the time to train for a 10k or half marathon (see our website for options)
- Get your family, friends or work involved in your challenge
- Take up a new sport or hobby that you've always wanted to try
- Walk/cycle to work instead and donate the money you would spend on petrol or bus fare
- Host a fundraiser in your community to boost your total, eg. car boot sale, coffee and cake sale, sponsored park run, get in touch and we can help you with this



Supporter assets

We've put together a pack of resources to make it easier for you to spread the word about your challenge

- **Email signature banner:** Add this to your work email signature and link your fundraising page to quietly share your challenge
- **Social media posts and cover photos:** For you to post about your challenge on Facebook, Instagram and LinkedIn (don't forget to tag Bipolar UK so we can share)
- **Calendar tracker:** To plan and track your challenge

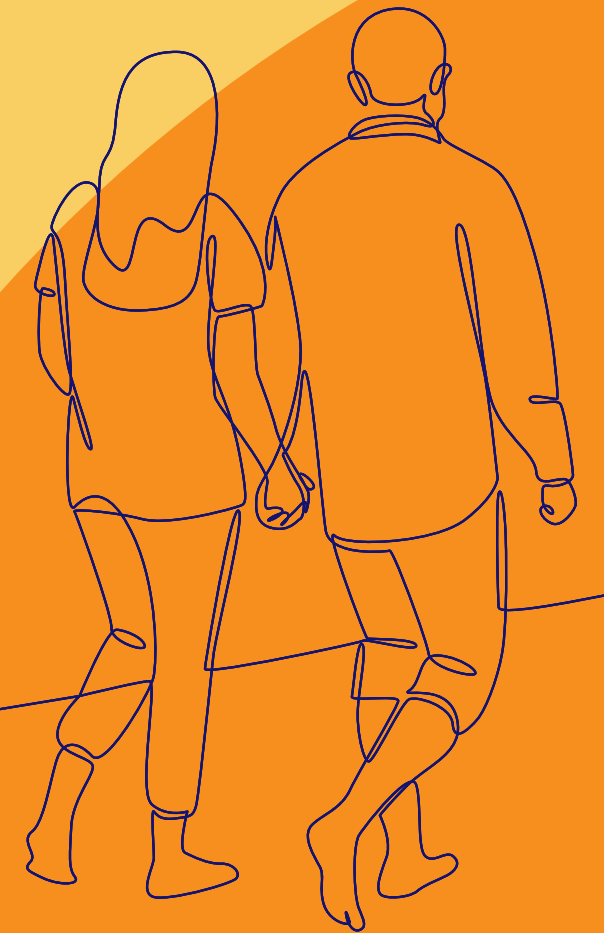
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Try a colour walk

A colour walk is a simple mindfulness activity that encourages you to slow down, notice your surroundings and spend time outdoors.

- 1. Choose a colour** - Pick a colour before you set off, such as yellow, blue, red, green or orange. Why not look for orange or blue, for Bipolar UK?
- 2. Head outside** - Go for a walk around your local town or city, a park, a nature reserve.
- 3. Look for your chosen colour** - As you walk, keep an eye out for anything that matches your colour. This could be flowers, signs, cars, autumn leaves, wildlife or anything that you notice!
- 4. Count or photograph what you find** - You could take photos of interesting things you spot to make a fun photography project, or collect leaves and flowers in your chosen colour.
- 5. Take your time** - There's no rush. Focus on being present and noticing details you might normally overlook.
- 6. Share your discoveries** - Post your favourite photo or tell others what you found to inspire them to give it a go too.



Outside in October 2026 Calendar Tracker



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Click here to download



Thank you!

**Click the link below to start your fundraising
page and join team Bipolar UK**

[Start fundraising](#)