



**Support us to raise £110,000  
in our 110th anniversary year!**

## Take part in the 110 Challenge!

There are many ways that you can take part. Here are just a few examples:

- Complete a set distance or time themed around 110. You can walk, run, cycle, swim or any other activity you enjoy.
- How many books can you read in 110 days? Get sponsored per book and try and read as many as you can.
- **£110 Challenge:** Simply set a fundraising target of £110 then fundraise however you want.

To sign-up or for more 110 Challenge ideas, please visit

[www.justgiving.com/campaign/110-for-bucks-mind](http://www.justgiving.com/campaign/110-for-bucks-mind)

To donate to our £110K appeal, scan the QR code  
or visit [www.bucksmind.org.uk/donate](http://www.bucksmind.org.uk/donate)

