

time to change

let's end mental health discrimination

Handing out materials planning sheet

Finding friends to help	
Steps	Details
Find some friends/other Champions who would like to take part	Names of friends/other Champions: • • • Contact details of friends/other Champions: • • •
Event location and date	
Steps	Details
Decide where you would like to carry out the activity	Ideas for locations: • • •



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<p>Find possible dates with your friends (around 6 weeks to 2 months away)</p>	<p>Possible dates:</p> <ul style="list-style-type: none"> • • •
<p>Contact the owner/manager of your first choice option to see if you can hand out leaflets and if you can do it without paying a fee</p>	<p>Option 1:</p> <p>Name of the owner of the land:</p> <p>Contact details of the owner of the land:</p>
<p>If the first option doesn't work out, contact the owner/manager of your second choice option to see if you can hand out leaflets and if you can do it without paying a fee</p>	<p>Option 2:</p> <p>Name of the owner of the land:</p> <p>Contact details of the owner of the land:</p>
<p>If your first and second choice don't work out, contact the owner/manager of your third choice option to see if you can hand out leaflets and if you can do it without paying a fee</p>	<p>Option 3:</p> <p>Name of the owner of the land:</p> <p>Contact details of the owner of the land:</p>



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<p>Which location was agreed?</p>	<p>Address of agreed location:</p> <p>Contact details:</p>
<p>Agree a date and time with land owner/manager</p>	<p>Date and time decided:</p>

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Ordering materials	
Steps	Details
Order or print out your materials (allow at least 2 weeks for delivery if ordering)	Materials ordered/printed:
Decide what time you are going to arrive and when you are going to take breaks	Start time: Break times: • • Debrief time:

Good luck with your activity!!



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