



MEND FOR GOOD



A unique event promoting sustainability and mental health in the workplace

An initiative created by local mental wellbeing charity Changes Bristol to raise awareness and funds for their vital support services.

#SewNotThrow



WHAT IS MEND FOR GOOD

Mend for Good is a 3 day event - ideally across a Tuesday - Thursday. We set up between 4 - 5 sewing stations per day (approx 8am - 4pm) and offer a clothing alteration service in return for a donation to our charity.

It's a fun event that engages staff and raises awareness of mental health support in Bristol as well as providing a useful service encouraging to mend and alter rather than throw away ill-fitting or clothes in need of repair.



WHO DOES THE SEWING?

The mending is completed by our skilled sewing volunteers who are a mixture of professionals, experienced sewing enthusiasts and students in the industry. They kindly give up their time and expertise to allow this event to run. We welcome staff from your office to volunteer on the event.

PREVIOUS EVENT HOSTS

We have held Mend for Good in many large offices so far including: **Osborne Clarke, Lloyds, PwC, Business West, Burges Salmon, The Paintworks, Bristol Golf Club, PwC and Rolls-Royce.** We've received brilliant feedback from previous hosts. Staff love it as they get their clothes repaired or altered whilst knowing their donation is going to a good cause.

TESTIMONIALS

"I think Mend for Good would be very well received if we held it again. It was so well organised by Changes Bristol, who provided lots of promotional material which really helped us to promote it internally."

Paula Banks, Venue Host - Osborne Clarke



"Just love the idea, it was so nice having people in the atrium with sewing machines extending the useful life of clothes" Mend for Good participant - Lloyds

"Thanks for mending my clothes so last minute! You did a fantastic job and all for a great cause." Mend for Good participant - Rolls-Royce

It was great to get something mended that would otherwise not have been worn and know that it was helping a much needed charity. Mend for Good participants - Lloyds

"Thank you for sewing my Cycling Jersey, raising awareness and money for this great cause. Win, win, win. :)" Mend for Good participant - Rolls-Royce



WHAT WE WILL PROVIDE:

- Bespoke and convenient clothing alteration and repairs service brought to your office.
- A team of experienced sewing volunteers, some of which are professionals in the industry, some of which have enjoyed sewing all their life.
- Promotional material designs and template comms (for social media and internal comms) which will be co-branded with your logo and can be tailored to your brand guidelines.
- An engaging and unique way of promoting mental wellbeing support services to your staff and raising mental health awareness in the workplace.
- Signage boards to promote the event in the run up.
- The majority of event equipment (sewing machines, info on charity, all event paperwork - risk assessments and PLI)

WHAT WE NEED FROM YOU AS A HOST:

- A visible open plan space with about 5 tables and chairs (ideally in a reception or atrium area where there is high footfall from staff)
- Access to power (for sewing machines) and internet.
- Ability to promote the event to all staff through internal comms, and printing posters from 6 weeks prior to event.
- Refreshments and a simple lunch for our volunteers whilst they are on site.
- Parking on site for our volunteers for the duration of the event.
- Some event equipment if possible (clothing rail, extension leads)
- Matched-funding (if possible)

ABOUT CHANGES BRISTOL

Changes Bristol is a grass roots mental health charity providing peer led support groups for people suffering mental distress in the Bristol area. These free, open access support groups take place across Bristol, same time and same place every single week.

These groups give people suffering from mental health issues a safe, non- judgemental space to talk and share experiences with others going through something similar and to take realistic and positive steps toward improving their lives and their well-being.

Changes Bristol does not receive any statutory funding, instead we rely on the generosity of local businesses, trusts and individuals to help us provide these vital services for the people of Bristol. Mend for Good is one of the ways we fund our free weekly support groups.



To find out more please contact Kat Hartley, Development and Events Manager at kat@changesbristol.org.uk or call 0117 941 1123.

[Click here to watch the Mend for Good video.](#)

