



Changing Lives...One Step at a Time

**8th ANNUAL NAMI NH WALK – October 3, 2010
New Hampshire Hospital, Concord, NH**

Building a WALK Team Keep it Simple . . . and Have Fun!

Visit the **NAMI NH WALK site** to register, donate or learn more!
Go to <http://www.naminh.org>, click on the NAMIWalks logo

1. Team Web page

- If you haven't already done so, create your Team Web page at the NAMI NH WALK site.
- Utilize your Team Web page to keep your Team members motivated and informed.
- Utilize your Team Web page to collect online credit card donations.

2. Finding Team Members - Target the people that you definitely would like to ask to walk on your Team. Your top prospects should include...

- Your spouse or significant other
- Your children
- Parents and grandparents
- Brothers and sisters and in-laws
- Cousins
- Aunts and uncles
- Your closest friends from work and from outside of work
- Former co-workers
- Neighbors
- Anyone else that you feel close to

3. Register your Walkers

- Encourage your Walkers to register with your Team online at the NAMI NH WALK page; OR
- Provide each Walker with a Walker Registration Brochure which they must complete and mail to the NAMI NH office or turn in on WALK day.

4. Attend the WALK Kick-Off event - August 19 (go to the NAMI NH WALK page for details)

5. Fundraise - Provide your team with these instructions so that they can fundraise:

- Set a personal and Team fundraising goal (suggested goal - \$200 per walker).
- Send a personal letter or email to everyone.
- Contact your co-workers, people on your Christmas card list and people in your address book.
- Ask employers to match the funds you raise.
- Post all Team donations on your Team web page so everyone can watch it grow.
- Tell each Walker to record collected donations in the Walker Registration Brochure, and report them to you.

6. Motivate Your Team

- Send weekly Team emails – include an up-to-date list of Walkers and funds raised.
- Maintain contact with all Team members on a regular basis.

7. Create Team T-shirts (optional)

8. Visit Our Site

- Go to the NAMI NH WALK site at www.naminh.org, click on the NAMIWalks logo for additional suggestions on creating T-shirts, fundraising and Team building.

Helpful Suggestions...

The most successful Team Captain...

- Communicates regularly with their Team members.
- Is enthusiastic and passionate about recovery from Mental Illness.
- Establishes and meets their fundraising goal.
- Fundraises with a personal letter.

T-shirts (Optional)

- Identify your team with a Team T-shirt.
- Have a Team party to design your Team T-shirt.
- Make them yourself or have them printed.
- See the NAMI NH WALK page for ideas.

Registration

- Walkers should register themselves online or by completing the Registration Form in the Walker Brochure.
- Instruct Walkers to go to the Registration Table to check in as soon as they arrive at the WALK, even if they have already registered online.
- Walkers should turn in all donations to the NAMI Office before **September 29** or at the Registration Table on WALK day.
- All Walkers must register, including children, even if they don't have any donations to turn in.

WALK Day Awards

The People's Choice Award – Vote for your favorite T-shirt at the T-shirt Table before the WALK.

The Largest Team Award - Team Captains will submit the count for their Team before the WALK.

Prizes will be awarded immediately following the WALK!

Need help with WALK planning? Contact Win Saltmarsh at wsaltmarsh@naminh.org or 603.225.5359.