

CHAMPION

*Clubs  
for a  
Cause*

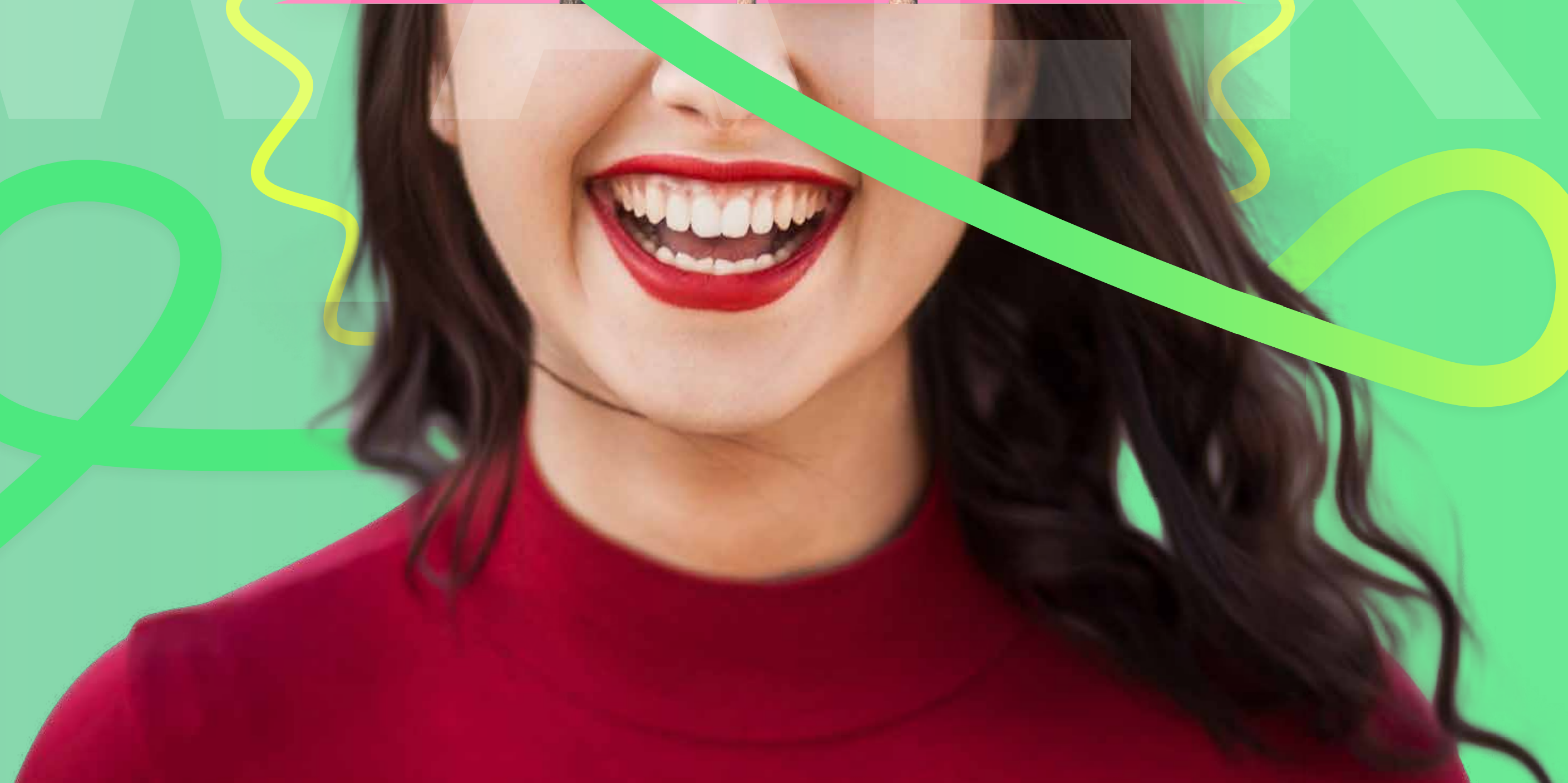
2022

WALKING WITH MATES FOR

**Mental Health  
Awareness**

**Saturday, 22nd October**

Coolangatta Surf Club to Club Tweed



# 2022 Goals

- + **Get together a team for a day of bonding**
- + **Start a conversation around mental health in your workplace**
- + **Raise money for mental health education**
- + **Receive Mindfull Aus resources to implement in your business**
- + **Top fundraising team wins an in-person workshop**

The businesses with the highest fundraising dollar figure will win a 90-minute workshop for your staff with International Award Winning Advocate, Speaker and Best-selling Author & CEO of Mindfull Aus, Matt Runnalls (Valued at \$5,000)



2022

WALKING WITH MATES FOR

Mental Health Awareness



# 📍 10km Charity Walk

## Coolangatta Surf Club to Club Tweed

**250 WALK & FUNCTION PARTICIPANTS ONLY, FIRST IN BEST DRESSED**

NO EVENT SHIRT, NO ENTRY.

**COST: \$55 per person**

### INCLUDES

- + Event Shirt
- + Entry to networking event, welcome drink thanks to CUB and Lion + a burger
- + Sending a message to your team that their mental health is important to you
- + A chance to catch up with old Club industry mates or make new ones on the walk
- + Help raise awareness and funds for mental health education across Australia
- + **Mindfull Aus education and support resources to implement in your business**

### TO REGISTER YOUR TEAM FOR THE WALK

- + Complete the registration form and email to [admin@clubsforacause.com.au](mailto:admin@clubsforacause.com.au)

### TO FUNDRAISE

- + Set your team up on the Clubs For A Cause website and share your personalised link to members, friends and family to sponsor your walk! It's Club Vs. Club on the leaderboard as the highest fundraiser wins an in-person Mindfull workshop valued at \$5,000



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# Route

📍 10km

Coolangattā Surf Club to Club Tweed

Coolangatta Surf Club > Bilinga Surf Club  
> return to Coolangatta Surf Club > turn right at Greenmount Surf Club  
> river walk behind Twin Towns > finish at Club Tweed

📍 5km

Coolangattā Surf Club to North Kirra

Coolangatta Surf Club > North Kirra Surf Club  
> return to Coolangatta Surf Club > turn right at Greenmount Surf Club  
> river walk behind Twin Towns > finish at Club Tweed.

## Schedule

- + **1:30pm** Registration and shirt collection opens at Coolsy Surf Club
- + **2:30pm** Start for the 10km Walk from Coolsy Surf Club > Bilinga Surf Club > Club Tweed
- + **3:15pm** Start for the 5km Walk from Coolsy Surf Club > North Kirra > Club Tweed
- + **5pm** Networking function with a burger and a few drinks at Club Tweed (Welcome drink on arrival)





## What does Mindfull Aus do?

Mindfull Aus purpose is to help Australia's precious youth - with their families, educators, employers & community - navigate the challenges of mental health, suicide and wellness for happy and fulfilling lives.

Mindfull Aus was founded on the premise of taking a youthful, realistic and comfortable approach to talking about Mental Illness, wellness and suicide. With facilitation from compassionate, lived experience advocates with inspiring journeys that both replicate wellness and a life of hope, healing and recovery, we're able to establish a connection that provides people with the courage to take acceptance and onus for their wellness. Specifically in high-risk areas of the country - Youth, workplaces & sporting clubs, as well as Regional and Remote communities.

## A bit about Matt Runnalls

Over many years, Matt Runnalls has worked tirelessly as a mental health advocate to create awareness, acceptance, and education. Having lived with a mental illness, surviving suicide attempts, and losing several friends to suicide, Matt utilizes his knowledge of lived experience to encourage others to feel comfortable speaking up and managing their well-being just as he continues to do.

Matt is committed to using his voice and experiences as a platform to instil acceptance, purpose, and hope.

[www.mindfullaus.org](http://www.mindfullaus.org)



Clubs  
for a  
Cause

# Thank you to our Sponsors

Thank you to our industry suppliers who answered the call for sponsorship.

Gold



LION



Carlton & United Breweries

Silver



Bronze



Venue





# Walk Registration

Please note walk registration closes on **Friday, 14th October** or once the 250 capacity quota has been met.

TEAM DETAILS	
Business/Team Name	
Team Captain Name	
Email	
Mobile	
Business Address	

**ENTRY: \$55 pp (inc GST)**

### Includes

- + Event Shirt
- + Entry to networking event
- + Welcome drink thanks to Lion and CUB
- + a burger



Please email this registration form and proof of payment to [admin@clubsforacause.com.au](mailto:admin@clubsforacause.com.au)

Participant Name	Shirt Size	Attending Function	
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
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		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>TOTAL</b>			

## Payments to

Clubs Queensland T/A Clubs For A Cause  
 BSB: 034-254 Account: 174161  
 Ref: Your business name

Shirts	Measurement	XSM	SML	MED	LRG	XLG	2XL	3XL
	Body Width (cm)	43	47	52	56.5	61	64	68
Body Length (cm)	68	71	75	78.5	82	83.5	85	

Once registered you will be sent a team fundraising website link and social media assets for you to share with friends, family and members