



Planning your Smiley Pancake Event



Mental Health
Ireland



Getting started couldn't be simpler – just follow these few easy steps

1. Where & When

Choose a time that suits you, your pals and your venue! If your fundraiser is virtual, set up a Zoom link, Facebook page, Whatsapp group or other messaging platform to be able to share pictures or videos of your Smiley Pancake creations!

2. Spread the word

Invite as many people as you can to your virtual event! Use the posters included, share your event on social media or, if in work, on internal networks... the more the merrier!



3. Get your toppings sorted

You can keep it simple or go to town! A jar of Nutella or peanut butter and a selection of berries, bananas, sweets, marshmallows will see you through.

4. Pancake time

You can make your own or buy them in. All supermarkets sell them in packets and they are just as yummy!



5. Let the smiling begin!

The only rule at your event is to have fun! Encourage everyone to get creative with their smiles. Why not have a contest for the pancake with the best smile! Or even a pancake flipping contest. And most importantly, don't forget to smile and connect with your friends.

6. Start fundraising

You can donate €4 by texting MHI to 50300. If you have a collection bucket you can pop your donation in there. You can also give using the sponsorship form attached or online at www.mentalhealthireland.ie/donate

7. Tell us about your event

fundraising@mentalhealthireland.ie

#smileypancake



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