

FAQ about RED



What is RED January?

RED January is a community initiative that encourages you to support your mental health by doing something active every single day. Whether it is running 5k, or walking 10 minutes a day, a morning swim or taking your bike out for a spin - join the thousands of people around the UK kick-starting their 2019 in the most positive way.

How can physical activity help support your mental health?

RED January is founded on research that physical activity can have a positive impact on your mental health. 87% of REDers reported feeling significantly better physically and mentally after completing RED January 2018 according to the post-RED survey. More information about the [importance of physical activity to mental health](#) can be found on Mind's website.

I want to fundraise or make a donation to RED January – what do I?

Fantastic! To date REDers have raised over £1.3m for Mind, making a real difference to people experiencing a mental health problem. Just think how motivated you will be if five friends are each sponsoring you £1 a day to get active every day in January! [Click here to make a donation](#) or [click here](#) to find out more about fundraising, including downloadable posters, a calendar to record your progress and how to set up your JustGiving Page...

Why January?

RED January can provide you with a goal and focus to help you through a characteristically tough month. Typically we can be cash poor in January; RED January is free and all-inclusive. RED January can empower, educate and support you to start the year as you mean to go on, forming healthy habits to continue throughout January and beyond.

What if exercising every day seems too daunting?

Whether you're planning on swimming lengths every morning, walking 10 mins a day, attending your favourite fitness class or running 100 miles in the month, every achievement is celebrated no matter how big or small. You can scale things up or ease them back, just keep listening to your body. RED experts will be on hand to offer handy tips and advice.

Are there any risks associated with exercising every day?

In most circumstances, exercising is beneficial for your mental and physical health and can be helpful as part of a long-term recovery or treatment plan. But there are some situations where you might need to take extra care in case it starts to become a problem for you.

It's important to be aware that you could be at risk of over-exercising. RED January encourages setting realistic goals, tailored to YOU. We are all unique and our approach to exercise should be also. The general advice is that exercise should be around 30 minutes per day, no more than 45 minutes. We also encourage REDers to mix up their routine with yoga and stretching, doing low impact sports where possible and rest when needed.

[Find more information about exercising safely on Mind's website.](#)

Where does RED January take place?

At a location that suits you. Whether you're exercising solo, with friends, family, colleagues, or even your pet dog, you decide where and when is best for you to enjoy your daily activity. You can also feel supported in the knowledge that you will be part of a growing community of REDers around the country that will be getting active at the same time as you.

How do I register and when is the deadline?

[To register click here!](#)

The deadline to register for RED January is 3 January 2019. We recommend that you register early to get the most out of your RED January experience, including access to RED materials like t-shirts and shoelaces which are provided on a first-come-first-served basis.

How do I get a RED t-shirt?

As the t-shirts do come at a significant cost to Mind, there is a charge of £10 to help cover these costs and ensure funds raised from those taking part in RED January are used to support better mental health. If you want a T-shirt but have already registered email Aneka at a.shah-levy@mindinharrow.org.uk

I am under 16 – can I still take part in RED January?

Yes – taking part in healthy physical activity when young is a great way to form good habits for the future. These habits will help you stay well and support your physical and mental wellbeing. If you are under 16, please check with your parent or guardian to get their permission to take part.

What will you do with any personal information I give you?

We will look after any personal information you share with us. This is central to our values as an organisation. We want everyone who supports us, or who comes to us for support, to feel confident about how any personal information they share will be looked after or used.

Please read our [privacy statement](#) for details on how we process, store and use personal data and our [Supporter Promise](#) for how we work to value and respect your support.

How do I connect with other RED January participants?

You can join the RED online community via RED January Facebook, Instagram and Twitter via redjanuaryuk. The communities are a space for you to share your personal progress and feel supported by endless amounts of encouragement. Why not include **#REDJanuary** in your social posts so we can see where your RED January journey takes you.

Facebook - facebook.com/redjanuaryuk

Instagram - instagram.com/redjanuaryuk

Twitter - twitter.com/REDJanuaryUK

I have an interesting story why I am taking part in RED January – who can I contact?

We would love to find out more about why REDers are taking part! Please email Aneka at a.shah-levy@mindinharrow.org.uk

How do I contact someone from the RED Support team?

Share your thoughts, ask a question or simply say hello contact us at a.shah-levy@mindinharrow.org.uk

After January, is that it for RED?

We know that those of us who experience low moods, difficult life circumstances and more severe mental health conditions are not restricted to feeling the symptoms for one month of the year.

As a REDer, January is just the beginning. RED January has had life-changing effects on the lives of many people who continue their newly found (or rekindled) relationship with physical activity well into the future.

The RED community and Mind in Harrow are here all year round. Feel free to remain part of the community, share stories and offer and receive support after your RED January experience and know that the RED community will be with you every step, splash and pedal of the way. If you want to know more about how you can support Mind in Harrow or our services please contact a.shah-levy@mindinharrow.org.uk

Tell me more about the partnership between RED January & Mind?

RED January is proud to be continuing its exclusive charity partnership with Mind. Many taking part in RED January choose to fundraise for Mind, supporting the vital work that they do for mental health.

I need support with my mental health/the mental health of a loved one – how can you help?

Elefriends

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to other – [find out more on Mind's website](#).

Crisis support

If you need immediate help, please contact your Accident & Emergency department or call NHS Direct (111). You can also contact the Samaritans who are available 24/7 by calling 116 123 or emailing jo@samaritans.org

[More information about support that may be available for you is on the Mind website](#)