

**FRIDAY
NOVEMBER 5**

HAVING DEPRESSION IS LIKE WALKING THE MUD EVERY DAY. SO ON NOVEMBER 5TH, WE ASK YOU TO SHOW YOUR SUPPORT, PUT YOUR GUMBOOTS ON, GIVE A GOLD COIN, AND TAKE A WALK IN THEIR SHOES FOR JUST ONE DAY.

Its a fun way for kiwis to join in the mental health conversation, while raising money to provide FREE and timely counseling for any young person in need.

Scan this QR code to donate \$3 to Gumboot Friday now, or text BOOTS to 469

CONTACT US

gumbootfriday@keytolife.org.nz
www.gumbootfriday.co.nz

GUMBOOT FRIDAY 2021

NOV 5 #GUMBOOTUPNZ

I AM HOPE

This Friday 5th of November is Gumboot Friday. Come on Stanhope help us to show our support for this appeal by.....

- Wearing your gumboots on Friday - Take a photo and send it to Mrs Hicks to be added to a school collage (thicks@stanhope.school.nz)
- Decorate your gumboots and send in a pic
- Donate either through the I am Hope website, donate \$3 using the QR code or by texting BOOTS to 469

I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King. We encourage you to visit their page, www.iamhope.org.nz as there are some very helpful resources. 100% of funds raised go towards providing FREE counseling for our young people.

Thanks for showing your ongoing support.
Stanhope Road School