**Suggested social media copy for Clubs & Leagues:**

**Before Monday 10th October:**

This weekend we’re dedicating our game/s in support of World Mental Health Day.

We’re also showing our support for @berksandbucksfa ahead of their 185mile cycle challenge on #WMHD2022, raising vital funds for @sportinmind

Find out how you can support: <https://www.justgiving.com/fundraising/bbfa-sim>  
  
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We’re showing our support for #WMHD2022 by dedicating this weekend’s football to the cause.💚

We’re also raising awareness of @berksandbucksfa charity cycle event on Monday 10th October (#WMHD), raising vital funds for @sportinmind 💙

Find out more: <https://www.justgiving.com/fundraising/bbfa-sim>  
  
  
**On Monday 10th October (7am-7pm)**

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💥⚽️🚴

Good luck to the team @berksandbucksfa today as they attempt to cycle 185miles over 12 hours in support of #WMHD2022 and raise vital funds for Berkshire-based national charity partner, @sportinmind 💙

To find out more and to donate, visit: https://www.justgiving.com/fundraising/bbfa-sim  
  
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Today is #WMHD2022 💚

We recognise the importance of mental health and the positive impact physical activity can have. Today, we're rooting for the team @BerksandBucksFA as they attempt to cycle 185miles to raising vital funds for @sportinmind 💙

👀➡️ https://www.justgiving.com/fundraising/bbfa-sim  
  
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Today, on #WMHD2022, our County FA @berksandbucksfa is raising vital funds for Berkshire-based national charity @sportinmind by attempting to cycle 185miles in 12 hours! 🚴⚽️

Head over to their social channels to see how they're getting on & find out how you can support them!💙  
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