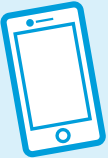


Why not let your local media know about any activities you have planned for Mary's Meals? This is a great way to increase support and raise awareness of our mission.

Top tips



- Get in touch with your local newspaper, TV station or radio station a few weeks before your activity takes place to let them know what you have planned. You might want to invite a journalist to attend so they can write a story or take pictures. If you need contact details for your local media, please get in touch with your supporter engagement officer.



- Alternatively, you could get in touch with your local media after your activity has taken place to let them know how it went and how much you raised.



- It will really help your story if you are able to share high quality images with your local media - the higher the file size the better. Make sure you take your pictures in a well-lit room, or, if you can, in natural light.



- Remember to get the names of everyone photographed and seek permission from parents for any children under the age of 16.

- Please direct journalists to our website, marysmeals.org.uk, for more information about our work. If they need anything else to support their story, they can contact us at info@marysmeals.org



- If you're posting about your event on social media remember to tag us using @marysmeals on Twitter and @MarysMealsUKCharity on Facebook and Instagram.

We love to hear about how our volunteers are raising awareness of our work! Keep your supporter engagement officer up to date on all your activities, as we may be able to share your story on our website, in our magazine, or on our own social media channels.