

Merry Minds 28 November 2026

Event FAQs

What can I expect from this event

Join us as we walk, jog, run or dance your choice of 2.5k or 5k for mental health at our Merry Minds Festive Fun Run at Great Notley Country Park, Braintree.

Whether you're a Dasher or more of a Prancer, everyone is welcome to take part at their own pace.

It's all about getting into the spirit of the season and having a jolly good time in aid of an important cause.

Yule be supporting our services, raising mental health awareness and sleighing stigma with every step as we jingle all the way to the finish line.

When is it

Saturday 28th November 2026

Where is it

Great Notley Country Park, Braintree, CM77 7FS

What time is it

10.00 – Registration opens

10.45- Warm -Up

11.00- Merry Minds Festive Fun Run starts

What distances are available

You can choose between 5k, 2.5k and you can run, walk, jog or dance your way around.

How much is it to register

Entry fees

Adults 18 + £10

Children 5-17 year - £5

Under 5s – free

Family of 4 - £25

Group of 8 - £75

****Dasher Discount prices above are available for a limited time so do yours-elf a favour and get your tickets today!****

How much sponsorship do I need to raise and how do I fundraise for the event?

We ask all runners to try and fundraise £50. All fundraising monies raised will support mental health services in your local area. Our friendly fundraising team are on hand to help you with your fundraising effort

You can set up a Justgiving page [here](#), or you can use a good old-fashioned sponsorship form available to download [here](#).

Do I need to prepare for the event?

There is no specific preparation required but depending on your physical ability you may wish to undertake some training for the event

What should I wear?

Tis the season to be jolly so throw on an elf outfit or festive fancy dress and get merry with us. Prize for the best festive dressed.

If you would rather attend in non-festive attire that's ok too.

We want all supporters to feel comfortable in attending in whatever makes them feel most comfortable

Are there toilet facilities on site?

Yes, these are available at Great Notley Country Park

Is there car parking available?

Pay and Display car parking is available at Great Notley Country Park. Please ensure you pay for your parking to avoid any fines.

Who can I contact with any questions or for support with fundraising?

Please contact the Fundraising team on 01206 764600 or email fundraising@mnessexmind.org.

Terms and Conditions

Participant Entry

- 1. There is no minimum age for participants**
- 2. Entrants under the age of 16 must have the permission of their parent or legal guardian before registering to take part in the Event.**
- 3. Participants under the age of 16 must be accompanied during the Event by their parent or legal guardian (or by an over 18 year old who has the permission of that participant's parent or legal guardian)**
- 4. We reserve the right to refuse entry to any participant who is not accompanied as required or unable to provide their event registration confirmation, photo ID or other satisfactory proof of age when requested to do so by an Event official.**
- 5. Participants are only eligible to take part in the Event if they have: paid the entry fee**

6. Given the limited number of spaces for the Event, entry fees are non-refundable. Furthermore, where we have a right to refuse your entry to the Event under these Rules, no refund will be given.

7. Registration forms must be completed before close of registration on the day. You will receive the form after buying tickets.

8. Dogs are welcome and must be always kept on leads.

Changes and Last-Minute Arrangements

We reserve the right to postpone and/or cancel the Event at our absolute discretion due to factors such as (but not limited to) adverse weather conditions.