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Thank you for supporting

Cut Here

Million Minutes!

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Steps to get started:

1. Pledge your minutes at millionminutes.org/silent (check out our resources while you are there!)
2. Encourage family and friends to support you by staying silent or donating.
3. Enjoy your siLent! Take pictures of your efforts and share them on social media tagging us on twitter on Million_Minutes

Thank you for staying
siLent
with Million Minutes



Shanea has committed her life to supporting young people in her local community of Newham, where unemployment, poverty, and unfair treatment are plaguing the young, especially young people of colour. Despite facing setbacks in reaching out to young people during the pandemic, siLent is supporting Shanea to adapt and meet young people where they are at, building an online community to continue her peer-to-peer accompaniment and empowering young people to use their voice and research issues impacting their community to start finding solutions. siLent is supporting young changemakers like Shanea, who is empowering her peers to speak up – especially young people of colour.

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Once you have finished your sponsored silence please send the proceeds via cheque to:

55 Westminster Bridge Road,
Southbank, London, SE1 7JB.

Don't forget to share your experience, photos and feedback with us at:
info@millionminutes.org

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Registered with



FUNDRAISING
REGULATOR

Thank you for choosing to stay siLent for Million Minutes!
Simply cut around the outside of the shape, fold along all the edges and glue where instructed!

Registered charity number 1140079.