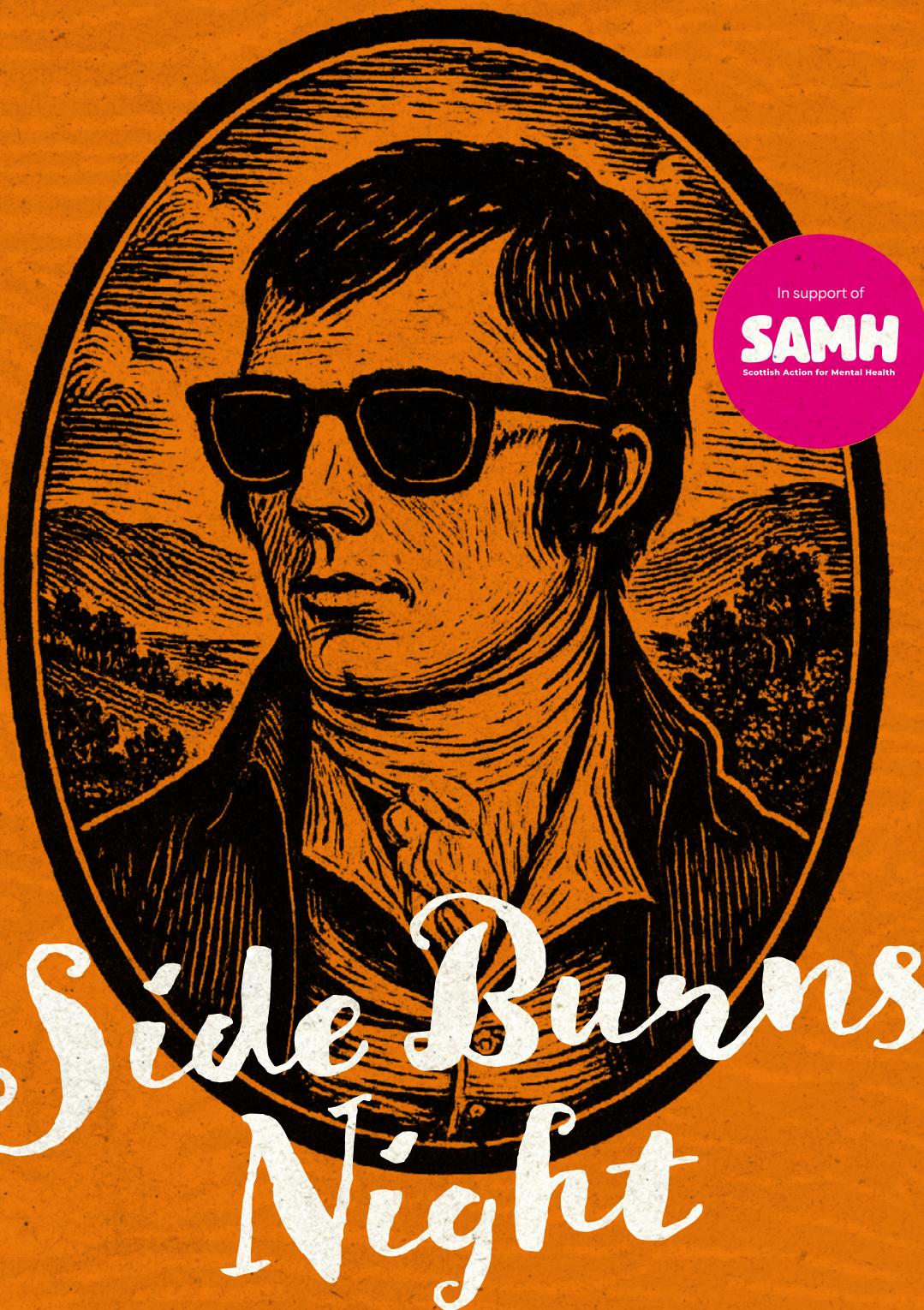


Simon Howie
THE SCOTTISH BUTCHER



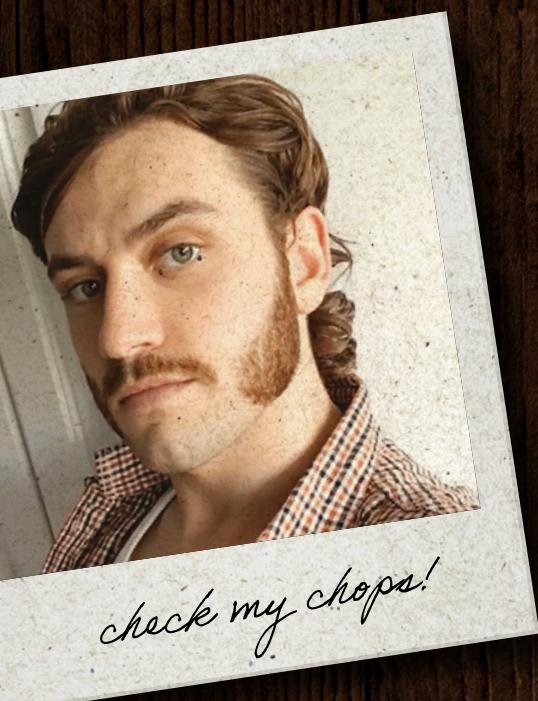
In support of

SAMH
Scottish Action for Mental Health

*Side Burns
Night*

Grow. Show. Make a difference.

What is Side Burns Night?



This January, Simon Howie is challenging the people of Scotland to grow a set of sideburns for Burns' Night on 25 January and support SAMH, Scotland's national mental health charity.

January can feel grim. Cold, dark, and difficult, with many experiencing the January blues, anxiety or seasonal mental health issues. SideBurns Night is the antidote.

Warmth, laughter, community, and tradition. A silly idea turned into a way to make a serious difference. By growing a pair of sideburns, you create a conversation starter to chat about mental health at a time when people need support.

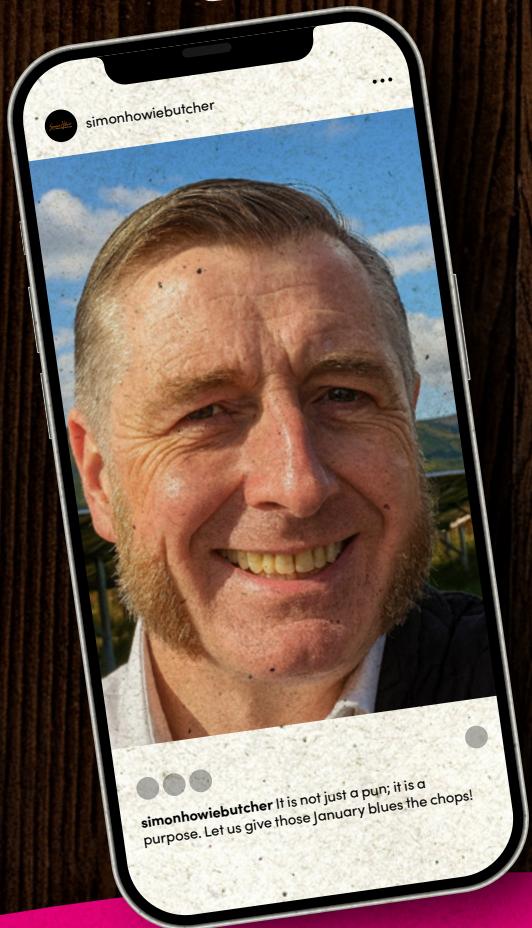
Participants are encouraged to donate £5 to SAMH and share the link or QR code with friends to raise even more support.

It is not just a pun; it is a purpose. Let us give those January blues the chops.



Scan to
donate

How to get involved



GROW 'EM

Cultivate a lovely pair of sideburns throughout January

SHOW 'EM

Share pics, spread the word, and get sponsored through JustGiving/ SideBurnsNight

OR STICK 'EM ON

If nature won't abide, just stick a fake pair on and join the fun.

CELEBRATE 'EM

On 25th January, enjoy your Burns supper with a full set of glorious chops, knowing you've done something genuinely good.

Do it for a laugh. Do it for Scotland.
Do it for someone who needs it.

SAMH
Scottish Action for Mental Health

SAMH runs over 70 community services across Scotland, supporting people facing some of life's toughest moments.

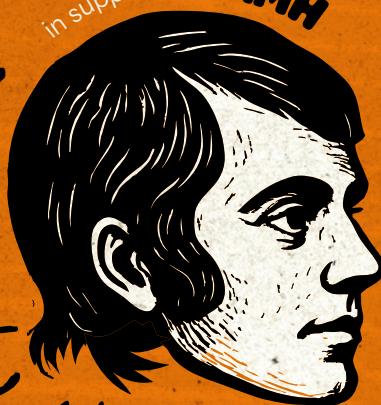
Grow the extra step and create your own SideBurns fundraising page, set yourself a fundraising goal, and share your fundraising page to raise even more for this worthwhile cause.



Set up
your page.

Side Burns Night

in support of **SAMH**



with
Simon Howie

Grow. Show. Make a difference.