



HOW TO REACH YOUR FUNDRAISING GOAL

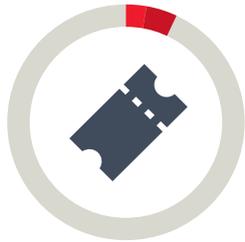
Taking on an overseas challenge is a life changing experience, but hitting your fundraising target can be a daunting task. That's why we've put together a fundraising plan to help you meet your minimum sponsorship goal.



£100

Super sweepstake

Who will win Wimbledon? How many sweets are in the jar? Set up a sweepstake and watch the pounds pour in



£150

Raffle

Get local businesses to donate raffle prizes and sell tickets to give your fundraising a boost



£150

Silver service

Create a meal out experience at your home for your friends or family. Ask them to pay what they would in a restaurant



£150

Put the kettle on

Most people need a coffee to get their day started, so how about holding a Coffee Morning?



£150

A tidy profit

Lend your friends or family a helping hand. Mow the lawn, tidy the garage or walk the dog and donate your fees to charity



£200

Get competitive

Put on a football, soft ball or rounders tournament and invite local businesses to take part for an entry fee



£200

Life saving lunch

Get in the sandwiches, sausage rolls, soup and salad – and invite your colleagues to make a life saving donation



£250

Bag it. Beat it.

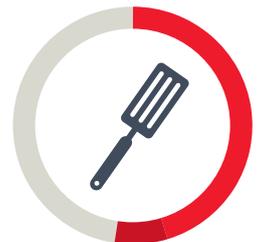
Take the fight to heart disease by organising a bag pack at your local supermarket



£250

A piece of cake

Bake your way to your fundraising target by holding a cake sale at work or in your local community



£250

BBQ bonanza

Have a summer BBQ. Make the food with a group of friends or colleagues and ask people for a donation to attend



£250

Battle of the bands

Organise a live music night, or a battle of the bands and charge an entry fee



£300

Quiz night

Hit the books, take to the pub and hold a quiz night at your local



£300

Zumbathon

Shake it for a good cause and organise a fun fundraiser using the dance fitness Zumba!



£400

Wear it red

Ask local schools or businesses to hold a 'Wear Red Day' and raise vital funds for our vital research



£400

Get social

Set up a JustGiving page and share the link with your friends, family and colleagues on social media or via email

TOTAL RAISED £3,500