

Fundraising Inspiration

Breaking Boundaries 2022



Could you:

- Give up a type of food/drink/sugar
- Ask friends/family/colleagues to choose what you wear for a week e.g. fancy dress
- Have a social Media detox
- Face a fear e.g. sing in public
- Do someone else's job for the day
- Organise a craftathon
- Complete a virtual 5k, 10k
- Undertake a movement challenge e.g. 25 press ups a day
- Organise a sponsored walk in one of many of the beautiful locations across Lancashire such as Pendle Hill or Rivington Pike
- Skydive

Could you:

- Ask all your social media connections to donate just £1 and share details of local mental health support for anyone who may need it.
- Get the boss to make brews for the team for the week
- Organise a poetry slam/open mic night - encourage businesses to submit teams to do something creative
- Brave a head shave
- Organise a sponsored lunchtime walk with colleagues
- Get on your bike and ride
- Set up a football Tournament
- Hit the water for a swim-a-thon
- Take on the three Peaks Challenge
- Get your pets on board with a sponsored walk

