

# Fabulous Fundraising Ideas for the Five Valleys Walk

Thank you for signing up to this year's event. We are delighted that you'll be joining us.

Take on the challenge that the Five Valleys Walk has to offer and raise money for Meningitis Now. Twenty-one miles is a long way after all and whether you complete the whole route or part of it, it's the taking part that counts. There is still plenty of time to gather money in sponsorship, so that you can help make an even bigger difference to our work.

## Use your sponsorship form enclosed and ask people to sponsor you for taking part in the following activities this summer:

-  **£1 per mile.** Walking all that way in the glorious sunshine (hopefully) will require some stamina. Ask people to sponsor you £1 for every mile that you and your dog complete.
-  **Shave your head, beard, moustache,** you name it - shave it off for charity!
-  **Go silent or dance your pants off.** Take a vow of silence - how lovely and peaceful - OR do as Sara Cox did and dance for a whole 24 hours.
-  **It's a no chocolate zone.** Give up chocolate for a whole month or two.
-  **Musical requests?** Ask people to donate £1 and choose a song to add to your playlist on the day.



## If shaving your head is not your cup of tea then why not organise a fundraiser to put towards your Five Valleys Walk sponsorship total? You could:

-  Hold a **car wash** in your neighbourhood
-  Follow in Paul and Mary's footsteps and arrange a **bake-off competition**
-  Host a **garden party / BBQ / picnic** and invite everyone you know - don't forget the obligatory garden games like egg and spoon races and welly throwing
-  Ask your local pub to hold a **quiz night**
-  Sell your old bits and bobs at a local **boot sale**



Asking people to donate a few pounds in return for something is a great way to raise money while giving something back.

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## Office/workplace fundraising:

 **School sports day.** Go back in time with the school sports day and compete against your colleagues for the fasted three-legged team and take part in sack and wheelbarrow races.



 **Sponsored leg wax.** It's time to let those legs out to see the sun. Organise a sponsored leg wax in the office - who will be brave enough?



 **Be a film star for the day.** Dress up as your favourite film star for the day and make a donation for doing so - can your colleagues guess who you are?



## If you have caught the fundraising bug then why not join us on the day:

 In costume

 By going around the route twice (it is possible, if you run 😊)

 With your face painted

... or in any other creative ways you can think of!

Please contact us if you would like more sponsorship forms or need any fundraising support: [kirstyo@meningitisnow.org](mailto:kirstyo@meningitisnow.org)

To set up an online fundraising page visit:

[www.justgiving.com/campaigns/charity/meningitisnow/fvw2017](http://www.justgiving.com/campaigns/charity/meningitisnow/fvw2017)

Thank you so much.

We look forward to seeing you all there.