



There are loads of personal/team challenges to choose from ... here are some ideas

- ✧ Ask your family and friends to sponsor you to raise money for Lymington Hospital
- ✧ You could have a go on your own, or set up a 'team challenge' with friends or work mates
- ✧ Be safe, have fun, take loads of photos and don't forget to share on social media

Gym or Slim challenge ... go for it!

Forget the "New year panic" - set real goals



Set a challenge on a gym bike, treadmill, rower or circuit

Challenge a friend to lose weight or join a slimming club



Using our name ... promote our charity

We can supply material to help you

Logo / Posters

- ✧ Download from our website
- ✧ We can help you prepare materials

LHF Charity T-shirt

You will soon be able to order your **LHF Charity T-shirts.**



Wear one with pride when you **support your local hospital.**

Race or Walk ... as a team



[Southampton Marathon](#)
26 April 2020



[New Forest 10](#)
5 July 2020



[New Forest Marathon](#)
13 September 2020

Prepare Well ... be safe

Join a registered event or activity

Do your Research

- ✧ If it's new to you, ask others for advice
- ✧ Find out how other got on, and have a go!

Get in training

- ✧ Make sure you work up to the challenge
- ✧ Train with a friend - you can both fundraise!

Have an experience ... take a jump!

Be safe and have fun, jump with a chum!!



Sign up for an expert-run tandem Skydive experience

Join an organised professional Abseil event



To increase your donations, why not set up a Just Giving page, linked to our site below:

www.justgiving.com/lymingtonhospitalfriends