



# Lockdown Fundraising

Have fun, ask friends and family to sponsor you ...

support Lymington Hospital [www.lymingtonhospitalfriends.org](http://www.lymingtonhospitalfriends.org)

## Capt. Tom Challenge ...

### Set your own goal

- ✧ garden circuits?
- ✧ stair climbing?
- ✧ run or cycle?



## Virtual pub quiz ...

### Link up online ...

- ✧ set a quiz fee £
- ✧ enjoy the Q&A
- ✧ donate the fees



## Lockdown Piggy ...

### Shop less, save more

- ✧ challenge others
- ✧ save a fiver or two
- ✧ support the hospital



## Gift your commute!

### Saved travel costs ££

- ✧ enjoy the free time
- ✧ donate part to NHS
- ✧ help care for patients



## Virtual Dinner Party ...

### Share a meal online

- ✧ less than meal out
- ✧ share with mates
- ✧ donate the saving



## Donate your birthday...

### "No presents please"

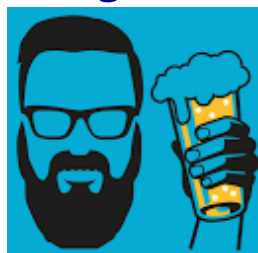
- ✧ skip the presents
- ✧ ask for donations
- ✧ help the nurses



## Beard/Hair challenge ...

### Grow it or shave it!

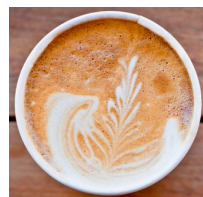
- ✧ choose your style
- ✧ share with mates
- ✧ ask them to donate



## Spare change ...

### No shop coffee

- ✧ save a few ££
- ✧ put some in a jar
- ✧ make a donation



**JustGiving**



Boost your donations, set up Just Giving.

Add 25% Gift Aid (UK Taxpayers) .. link to

[www.justgiving.com/lymingtonhospitalfriends](http://www.justgiving.com/lymingtonhospitalfriends)