

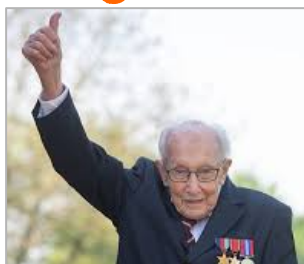
Have fun, ask friends and family to sponsor you ...

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

## Capt. Tom Challenge ...

### Set your own goals

- ✓ keepy-uppy?
- ✓ goals or baskets?
- ✓ run or cycle?



## Family challenge ...

### Walk, run, cycle, skip

- ✓ all the family
- ✓ challenge others
- ✓ donate for winners



## Treasure Hunt Tidy up!

### Parents hide money ££

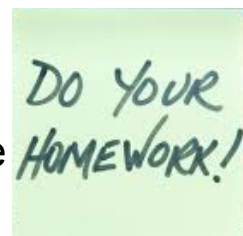
- ✓ tidy up my room, then
- ✓ search for hidden ££
- ✓ tidy up more tomorrow!



## Sponsor my Homework!

### Ask your parents

- ✓ agree a reward
- ✓ get homework done
- ✓ Parents to pay up!



## Help cook and wash up!

### Please sponsor us!

- ✓ help make lunch
- ✓ wash up dishes
- ✓ offer every week



## Kids jigsaw challenge

### Make a big puzzle

- ✓ keep kids quiet
- ✓ have fun together
- ✓ pay finishing prize



## Family quiz ...

### Make up a quiz ...

- ✓ pay a fee to join in
- ✓ have fun playing
- ✓ count up the winnings



## Sponsored silence

### Challenge family

- ✓ 50p/£1 per hour
- ✓ keep it up all day
- ✓ ask for a bonus!



**JustGiving**

+

 *giftaid*

Parents can boost donations with a Just Giving fundraising challenge for all your family and friends to sponsor. Add 25% Gift Aid (UK Taxpayers) ...

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