

There are loads of fundraising 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

Charity Sale ... organise a sale for us
Have some fun and support a good cause

Bake Off

- ✧ Make some delicious cakes to sell
- ✧ Warn people if they 'contain nuts'

Plants / Clothes / Craft Stalls

- ✧ Ask friends for items, share on social media



Donate your birthday ... gift to Hospital
Ask for charity help, not more unwanted stuff

"No presents please"

- ✧ Tell your friends and family
- ✧ Ask for gifts not presents



Gift aid it!

- ✧ We can add 20% if you donate with Gift Aid
- ✧ Ask us for Forms or use our Just Giving site

Charity with friends ... 'fun & fundraise'

Coffee Morning

- ✧ 'Charge a fiver' for tea and cake!
- ✧ Natter about your next fun charity activity

Quiz or Race Night

- ✧ Hold a quiz or race night at your club or pub
- ✧ Buy a Race-night DVD and bunting online



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



JustGiving™

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

www.justgiving.com/lymingtonhospitalfriends