

A to Z Guide to Raise with us!

Activities

Organise an activity day/event to involve the whole family! From old to young, have fun together whilst raising money for your local hospice! This could be a memorial race, charity run, fancy dress day or competition. Include family and friends for a fun filled day!

Be Brave, Be Bold

Face your fears and push yourself in the most adventurous way! This may be bungee jumping (indoor or outdoor), skydiving or hanging out with spiders at the local zoo. Overcome fears, experience once in a lifetime opportunities and raise money for East Lancs Hospice!

Cake Sale

Ready, steady, BAKE! Have fun baking, raising money and EATING sweet treats all for your local hospice. You can have a cake sale, a cake eating competition, decorating cake workshop or a cake fight!

Diet or Detox

Want to feel motivated to start and complete a diet? Start any time and see how much you can raise to help the hospice and yourself reach your goals. Either way, everyone wins!



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Exhibition

Got something to show your local community? Spark an interest in having an exhibition. This could be an art exhibition at a local fayre to raise money and show off your masterpieces!

Fancy dress

Fundraise and dress up for the day (at home/work/school), race or a party to fundraise in the most creative costumes! Be the singer of your dreams for the day, make the whole office laugh or dig out that leotard you haven't had chance to wear!

Gameathon

Sit back, connect with the world and GAME your way to raising money for East Lancashire Hospice. Get online with your friends and challenge yourself to a gaming marathon. Can you complete 8, 12 or even 24 HOURS of gaming?

Hair

Avoid a bad hair day in the best way! Join others on the trend that keeps on growing to raise money. Fancy a wacky hairstyle, growing out your beard, dying your hair a crazy colour or shaving it all off altogether!



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I ndoor Competitions

Lancashire is known for the rain, so avoid getting wet and have all the fun indoors! Whether it's an indoor sports competition, indoor bake sale or indoor party; be guaranteed to stay out of the rain all year round!

Jokes on you!

Find your funny side and make everyone laugh by joining in at a comedy night and raising money. Keep the jokes coming, the drinks flowing and make a difference. You know you'll laugh the night away!

Karaoke Time

Sing your heart out and have tonnes of fun! Guaranteed to make you laugh you could host a karaoke evening, have a karaoke competition or a karaoke marathon and show off your singing and dance moves!

L ive

Everything is better live! Enjoy yourself at a live music night, sing your heart out to a crowd of people and raise money for your local charity. No more singing just in the shower!



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Marathon

Show us your competitive streak! Challenge yourself to a complete a marathon; you could do a singing marathon, golfing marathon, football marathon, 24-hour silence or run a marathon all for a good cause! See how much you can raise for East Lancashire Hospice.

Nooooo!

Let's say YES, to saying NO! Can you beat your old habits? Spend the day making the right choices and avoiding bad habits by saying 'no'. Others can make donations for your efforts!

Occasions

Raise money on a special occasion. Make your special day count by receiving donations at a birthday party, wedding or Christmas fayre for East Lancashire Hospice and make a difference.

Pub Quiz

Grab a drink and your friends to take part in a pub quiz! Show off your knowledge and raise money for East Lancashire Hospice by hosting or taking part in a pub quiz. It doesn't matter what you score, you can have a drink and make a difference!



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Quiet

Can you keep quiet? Challenge yourself to a sponsored silence where your family, friends and colleagues can all donate to show their appreciation for a bit of peace and quiet!

Race

On your marks, get ready, RACE!
For some of you this can be a running race to raise your game and money, for others this may be a eating competition to raise and gain a few pounds for East Lancashire Hospice.

Sponsored

Sponsored silence, run, walk, swim, cycle, cake sale, shave, slim, this list is endless! Do something new or something you enjoy whilst raising money for your local charity!

Talent Competition

Show off your talents and receive donations by hosting or taking part in a talent competition. Whether it is making a group of people laugh or dancing around the stage; take the world by storm and showcase your talents!



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Upgrade

Upgrade and clear out your wardrobe, food cupboards or toy box and donate any unwanted items to a local East Lancashire Hospice charity shop. We collect clothes, toys, books, DVDS, household items etc.

Volunteering

Come and join the team by volunteering within or for East Lancashire Hospice or use your free time to help someone out to gain donations to go towards the hospice. See how you can make a difference at: www.eastlancshospice.org.uk/volunteering

Walk

Walk around the block, up a mountain or down the catwalk! Wherever the walk takes you be sure you raise money and awareness on behalf of East Lancashire Hospice and see where you end up!

X-mas

'Tis the season to be jolly! Take part in making Christmas special for all by raising money for East Lancashire Hospice through getting creative this winter! You could have a Xmas dinner, Xmas party, sell handmade Xmas cards or treats or join us at our annual Christmas Fayre.



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YES day!

Spend the day saying 'yes'. This can be a day where fundraisers have to say 'yes' to everything in exchange for donations. You could do this at work, school or home and see what you end up doing for the day!

Zumba

Make friends and keep fit at a Zumbathon to raise money for East Lancashire Hospice! Host, donate or join in with family and friends to get active and have fun. Show us your best moves and don't forget to take pictures!

Or if you have any other ideas, get them going and let us know about it!

If you have any queries, need advice or tips please call the Fundraising Office on 01254 287012 or email leanne.green1@eastlancshospice.org.uk