

**DO IT
YOUR WAY**

**Cransley
Hospice Trust**



NEW YEAR FUNDRAISING

BUCKET LIST CHALLENGE

Will 2022 be the year you do it? That thing you've always been wanting to do.. a skydive, a wing walk, cycle from London to Paris? Whatever it is, we'd love it if you did it in support of Cransley Hospice Trust! Step out of your comfort zone and check out the amazing challenges on the website:

www.cranleyhospice.org.uk/events

DE-CLUTTER CHALLENGE

Tackle one room a week! If it doesn't have sentimental value and you haven't used it in the last year, ask yourself "Do you really need it?" Set up 4 boxes "Recycle," "Donate," "Sell," and "Trash." You can donate your quality items to **Cransley Hospice Charity Shop** and any less quality items can be placed in our charity recycling bins. Contact the fundraising office to find out where the bins are located.

FACEBOOK FUNDRAISER

Set yourself a target for the year! Remember to tell all your friends and family, share it online and ask people to donate to your page for your birthday and other special occasions instead of buying you gifts.

IN-IT-TO-WIN -IT!

Playing **Your Hospice Lottery** in support of Cransley Hospice Trust is a fantastic way to add a little excitement to your life. There's 187 weekly prizes, plus the rollover jackpot that increases weekly to a maximum of £25,000! It's easy to sign up via the website.

GIVE IT UP FOR JANUARY

Getting people to give for you going without is a fantastic way to fundraise! You can go it alone or get your whole family involved whether it's booze, chocolate, social media or the car.

COMMIT TO GET FIT

Set yourself a new year fitness challenge to complete every day through January and get your friends, family and colleagues to sponsor you. Some ideas; **Run/Walk/Jog** a mile a day for 31 days. **Skip** every day, starting off at 1 minute and working up to 31 minutes. Do your age in **sit ups / press ups / or burpies** everyday for 31 days.

HERE TO HELP!

If you need any help getting started, call our FUNdraising team on 01536 452423 we're always happy to help!

Thank you so much for getting involved.

Your kindness and support make a difference to end of life care in North Northamptonshire.



Registered with
FUNDRAISING
REGULATOR

Registered charity number 1151018