



FUNDRAISING IDEAS FOR HEROES!

Cransley 25 Hospice Trust

Registered Charity No. 1151018

#25for25 Challenge

1. Commit to **WALK, RUN or RIDE** for 25 minutes every day for 25 days (or more!)
2. Challenge 25 colleagues to **HOLD THE PLANK** for 25 seconds for 25 consecutive days
3. **PLANT** 25 trees around your offices or in a local beauty spot
4. Challenge your colleagues to take a **DIP-A-DAY** for 25 days in open water
5. Challenge your team to **READ** or **LISTEN** to 25 books in a year
6. Hold a **READING SESSION** for 25 minutes
7. 25 minutes **PERSONAL DEVELOPMENT** for the team
8. Organise a **"CLEAR OUT FOR CRANSLEY"** at work and see if you can fill 25 sacks with good quality items of clothing and bric-a-brac for our shops
9. You and a friend get up 25 minutes earlier each day and do 25 minutes of **EXERCISE YOGA or MEDITATION** before starting work
10. Hold a sponsored at work **CAR WASH** and aim to wash at least 25 cars in a day
11. You and your team give up eating your favourite **SNACK** for 25 days
12. Set 25 team **GOALS** to keep for a year
13. Get 25 people to join you on a **SPONSORED WALK** around the nearest park or beauty spot
14. Hold a **QUIZ** with 25 questions - sign up as many teams as possible getting each to pay to enter
15. Get 25 people to sign up for **YOUR HOSPICE LOTTERY** for Cransley Hospice Trust for a year, or purchase an extra single ticket each week for 25 weeks!
16. Commit to 25 hours of **VOLUNTEERING** for Cransley Hospice Trust
17. Get your colleagues to sponsor you to make the **TEA & COFFEE** for 25 days
18. Get 25 people signed up to do 25 **BURPEES**, for 25 days
19. Do something for 25 hours (**SPONSORED SILENCE** or a **SPONSORED WALK**)
20. Get your team to **WALK/ RUN or CYCLE** 25 miles to and from Cransley Hospice and our sister hospice Cynthia Spencer at Moulton in Northampton
21. Hold a 25 hour sponsored **SPONSORED GAME-A-THON**
22. Have 25 people take part in a **SWEEPSTAKE**
23. Hold an **ONLINE CONCERT** for 25 minutes
24. Learn 25 **NEW WORDS** in a foreign language
25. Organise a **SPONSORED LITTER PICK**

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