

# Cransley 25 Hospice Trust

Registered Charity No. 1151018



## Your #25for25 challenge Fundraising Ideas

1. Commit to **WALK, RUN or RIDE** your bike for 25 minutes every day for 25 days (or more!)
2. Challenge yourself to **HOLD THE PLANK** for 25 seconds for 25 consecutive days
3. **PLANT** 25 trees
4. Take a **DIP-A-DAY** for 25 days in open water
5. Challenge yourself to read or listen to 25 books in a year
6. Start a **READING** group for 25 weeks
7. Commit to 25 minutes of **PERSONAL DEVELOPMENT** for yourself each week
8. Organise a "**CLEAR OUT FOR CRANSLEY**" at school/work or with your neighbours 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**
10. Hold a sponsored **CAR WASH** and aim to wash at least 25 cars
11. Give up your favourite **SNACK** for 25 days
12. Set yourself 25 **GOALS** to keep for a month or a year
13. Organise 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 people 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. Make the **TEA & COFFEE** at home for 25 days
18. Do 25 **BURPEES**, for 25 days
19. Challenge yourself to do something for 25 hours (**SPONSORED SILENCE** or a **SPONSORED WALK**)
20. **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 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** in your local area

**Cransley Hospice Trust,**  
77 London Road, Kettering, Northants, NN15 7PW  
03000 274040  
[www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk)  
Registered Charity Number 1151018  
Company Number 08102611

