

# Fundraising Challenges

Join us in celebrating our 45th birthday by taking on a special 45-themed challenge to help us raise – you guessed it – £45,000. We invite you to get involved and inspire both your colleagues and families—of all ages—to take part in this exciting initiative.

**1**

**WEAR IT GREEN:** Instead of the standard office dress down day, why not get the whole workplace wearing green (one of the Prospect Hospice brand colours!) for a day to show your support?

**2**

**MAKE YOUR OWN COLLECTION BOXES:** Download the FREE collection box template from the fundraising resources on our website and **make a collection box** for donations at work during the month of May.

**3**

**QUIZ NIGHT:** Organise a quiz night for your work colleagues and have **45 questions per round**. Don't forget to encourage everyone to make a small donation to enter!

**4**

**BAKE SALE:** Spend the weekend baking a selection of cakes and treats and sell them to colleagues for **45p per treat**. Compete against other teams to see who can sell the most treats!

**5**

**ARTS AND CRAFTS:** Do you or your colleagues have a special crafting talent? Why not make and sell **45 handmade items**? Get your team involved in either making or selling the items.

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**SPONSORED SILENCE:** Do you have a super chatty colleague? Why not sponsor them to stay silent for **45 hours**? Or if that's not possible... could you ban them from talking about their favourite subject for the month of May?

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**GIVE IT UP CHALLENGE:** Whether it's sweets, chocolate, gaming, social media... why not try giving up something you really enjoy for **45 days** and get sponsored as a team to do it!

**8**

**TAKE IT UP CHALLENGE:** Alternatively how about a take it up challenge? Whether it's taking the stairs instead of the lift, making the teas and coffees at work, washing the coffee cups – do it for **45 days** and get that sponsorship money in!

**9**

**TEA/COFFEE BAN:** Challenge your colleagues to give up the daily tea/coffee shop run for **45 days** and donate what they would have spent on those hot drinks to Prospect Hospice instead.

**10**

**DRESS THE BOSS:** How about getting the management team involved with a twist on a dress down day? Collect donations from staff and for every £45 raised you get to **dress a member of the management team** in the brightest outfit you can find!

**11**

**YES DAY CHALLENGE:** Challenge yourself to say YES to everything a colleague asks you to do for **45 minutes**, in exchange for donations of course! Each 'YES' could **raise 45p**, so the more you say yes, the more funds you'll help raise for an amazing cause!

**12**

**45 PROMISES:** How about coming up with **45 team promises** that you can sell to the highest bidder? You could promise to share your chocolate, make the teas, wear rival sporting colours or any promise your colleagues or boss might like to buy!

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**HOSPICE CARE FACT FINDING:** Using the Prospect Hospice website, come up with **45 facts** about hospice care services and share it with your colleagues – raising awareness is key after all!

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**TIME TO SHINE:** Do you have a special talent? Why not organise a **45 minute talent show** and sell tickets to your colleagues! Get the whole team involved to showcase how talented you all are!

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**DESK-TO-DESK DELIVERY SERVICE:** Why not deliver small treats or thoughtful notes to colleagues within the office in exchange for a donation? Can you make **45 deliveries** during your lunch break?

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**TEAM JAR SAVINGS:** Challenge each team to collect small change in a jar over the month of May and see how many teams can **raise £45**? It's amazing how much small change you can find down the back of the sofa!

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**BOOK SWAP SHOP:** Set up a book swap shop in your workplace and encourage everyone to donate their old books. Books can then be purchased for a donation. Can you **sell or donate 45 books**?

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**READING CHALLENGE:** Set your team a goal of **reading 45 books** before the end of May. You could get friends and family to sponsor you for every book your family reads!

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**45 MILES IN MAY:** Can you take on a team challenge of **covering 45 miles** in the month of May? You can cover the distance however you like... Swim, walk, run, cycle! Don't forget to collect donations or sponsorship for every mile you complete.

**20**

**SPONSORED SWIM:** Challenge your colleagues to **swim 45 lengths** of your local swimming pool at lunchtime and get sponsored for each length completed. If you want an extra challenge set a timer and see how quickly you can complete it!

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**CÉLÉBRATION CARDS:** Whatever the celebration... birthdays, Easter, anniversaries, Valentines... could your arty colleagues **make 45 cards** to sell for a small donation. People love one-of-a-kind cards that can't be bought in the shops!

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**SPONSORED DANCE-A-THON:** This is one to help the whole team get their step count up and burn off some energy away from the desk! Can you **dance to 45 songs** in a day? Don't forget to get sponsored for each song you dance to!

**KARAOKE CHALLENGE:** If dancing isn't your thing, then why not try a singing challenge? Can you **sing to 45 songs** in a day or how about only picking songs from 1980, the year our charity was founded?

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**DRESS DOWN DAY:** How about organising a **dress down day at work** with all donations going to Prospect Hospice? You could ask everyone to dress up as a famous person from 1980 the year our charity was founded!

**SPONSORED RUN/WALK:** Can you and your colleagues **complete 45 laps** of a local park or sports track over the course of the day? Get as many people as possible involved and wear something green to show your support for Prospect Hospice.

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**SELFIE CHALLENGE:** Why not take on a selfie challenge and take **45 weird and wonderful selfies** around the workplace? Even better, include a Prospect Hospice poster in your selfies to raise awareness!

**DONATE YOUR BIRTHDAY:** If you're feeling super generous and have a birthday coming up, then instead of buying cakes/treats for your workmates, give a donation to Prospect Hospice instead!

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**SPONSORED CAR WASH:** Do something nice for your colleagues by offering to wash their cars in exchange for a donation amount of their choice. Can you wash **45 cars** over the month of May?

**LEARN SOMETHING NEW:** Why not raise money for Prospect Hospice and help your colleagues **learn a new skill** at the same time? Each learn to play an instrument, a new dance routine... whatever you choose, challenge yourselves to learn it over the month of May!

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**TAKE 45 PHOTOGRAPHS THEMED AROUND CARE:** Challenge your colleagues to capture the essence of care through **45 photographs**, showcasing the beauty of support, community, and love, and share your gallery to inspire donations.

**ORGANISE A TEAM RELAY TO COLLECTIVELY RUN OR WALK 450 MILES IN MAY:** Unite your colleagues to complete a team relay, collectively covering **450 miles over May**, and show your company's support for Prospect Hospice.

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**TAKE ON 45-MINUTE FITNESS CLASS CHALLENGE AS A TEAM:** Get active together by hosting **weekly 45-minute fitness classes**, with participants donating to join and supporting the hospice with every sweat session.

**ORGANISE A CLIMB 45 FLOORS OFFICE CHALLENGE:** Challenge your team to collectively **climb 45 floors** daily - using the stairs or a virtual equivalent - and pledge donations for every floor conquered.

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**LAUNCH A 45 FOR 45 RAFFLE OR AUCTION:** Organize a raffle or auction featuring **45 prizes** donated by staff or partners, with proceeds supporting the hospice's anniversary appeal.

**SPONSOR A 45-MINUTE LUNCH-AND-LEARN SESSION:** Host a **lunchtime workshop or seminar** on a trending topic, charging an entry fee and donating the proceeds to the hospice.

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**HOST A 45-SECOND ELEVATOR PITCH CONTEST:** Challenge employees to perfect their elevator **pitch in just 45 seconds**, with entry fees going to the hospice and prizes for the best presentations.

**37**

**ORGANISE A LUNCH FOR 45 FUNDRAISER:** Invite clients, partners, or staff to a charity lunch, aiming to **raise £45 per attendee** in honour of the hospices 45th anniversary.

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**RUN A 45-MINUTE ESCAPE ROOM CHALLENGE:** Set up a **45-minute escape room challenge** in your office, charging teams to participate and donating the proceeds to Prospect Hospice.

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**LAUNCH A 45 EMAILS FOR CARE CAMPAIGN:** Challenge employees to **send 45 personalized emails** to clients or partners, raising awareness and encouraging donations for the hospice.

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**HOST A 45-MINUTE CHARITY CHALLENGE TEAM GAME:** Organise a **45-minute game session** – trivia, scavenger hunts, or team-building activities – and charge entry fees for employees to participate, donating all proceeds to Prospect Hospice.

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**GIVE BACK 45 MINUTES OF YOUR TIME:** Choose a day in May to dedicate **45 minutes** of your time or service to support Prospect Hospice. Whether it's offering a special event, a discount, or a unique experience.

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**ORGANISE A 45-DAY WELLNESS CHALLENGE FOR EMPLOYEES:** Encourage employees to focus on health and wellbeing by tracking fitness, mindfulness, or other **positive habits over 45 days**, with pledges linked to their progress

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**MATCH FUNDING CHALLENGE:** Encourage your employees to get involved in fundraising by offering match funding for their efforts! For every pound raised by your team, your company can match the donation, doubling the impact for a great cause.

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**PLANT 45 TREES IN HONOUR OF 45 YEARS:** Organise a tree-planting initiative, aiming to **plant 45 trees** to symbolise growth and sustainability while gathering donations for every tree sponsored.

**45**

**RAISE £45 IN 45 MINUTES:** If none of our suggestions appeal to you, then why not set yourself and colleagues a quickfire challenge of each **raising £45 in 45 minutes?** However you do it, you've got just 45 minutes to do it!

Good luck with your fundraising efforts and don't forget to let us know what you get up to by contacting [challenge45@prospect-hospice.net](mailto:challenge45@prospect-hospice.net)  
We'd love to hear from you!

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Registered charity number: 280093

**President:** Her Majesty The Queen



Company registration: 1494909

Inspected and rated

Outstanding ☆

