

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. Here's some inspiration for you and your little (and not so little) ones.

1

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 to do it!

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TAKE IT UP CHALLENGE: Alternatively how about a 'take it up challenge'? Whether it's walking the dog, washing up, making the bed – whatever the chore, do it for **45 days** and get that sponsorship money in!

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BAKE SALE: Spend the weekend baking a selection of cakes and treats and offer them to neighbours, friends or family for a suggested donation of **45p per treat**.

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

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ARTS AND CRAFTS: Do you have a special crafting talent? Why not make and sell **45 handmade items**? Get the whole family involved in either making or selling the items. A great activity for a rainy day!

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SPONSORED SILENCE: One we know the parents will enjoy! Can you encourage the kids to stay silent for **45 minutes** or for adults try **45 hours**? Give it a try and see how much sponsorship money you can raise. It's not as easy as it sounds!

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

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HOUSE CLEAR OUT: Rummage around the house to see what unwanted items you can donate to our retail shops. Can you find **45 books, clothes or toys** you no longer need that someone else could enjoy?

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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 school or in the workplace during the month of May.

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WEAR IT GREEN: Or how about a challenge for all the fashionistas out there? Could you wear something green (one of the Prospect Hospice brand colours!) **every day for 45 days?** Don't forget to tell people why you're wearing so much green!

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YES DAY CHALLENGE: Challenge yourself to say YES to everything a friend or family member asks you to do for **45 hours**, in exchange for donations of course!

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WORRY WORMS: Your family can make 45 'worry worms' and hide them around your neighbourhood for friends to find. Encourage them to sponsor you by **pledging 45p** for each worry worm hidden.

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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 friends and family, or even your class at school – 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 friends and family! Get your friends involved to showcase how talented you all are!

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GIFT WRAPPING SERVICE: Why not organise a gift wrapping service in exchange for a small donation for each present wrapped. Can you **wrap 45 presents** in 1 day?

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AFTERNOON TEA: Organise an afternoon tea party and encourage friends and family to make a donation to attend? Can you **raise £45 through donations?** Visit the fundraising resources on our website to make bunting to theme your tea party.

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SPONSORED CAR WASH: Do something nice for your neighbours by offering to wash their cars in exchange for a donation amount of their choice. Can you **wash 45 cars** over a weekend or two?

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

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45 MILES IN May: Can you take on the challenge of covering **45 miles in 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.

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45 PROMISES: How about coming up with **45 promises** that you can sell to the highest bidder? You could promise to share your sweets, eat your fruit and veg, wear rival sporting colours or any promise your friends and family might like to buy.

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CELEBRATION CARDS: Whatever the celebration... birthdays, Easter, anniversaries, Valentines... spend some time **making 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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DRESS DOWN DAY: How about organising a **dress down day at work** or school 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 DANCE-A-THON: This is one to help the whole family burn off some energy! Can you **dance to 45 songs** in a day? Don't forget to get sponsored for each song you dance to!

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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?

BOOK SWAP SHOP: Set up a book swap shop in your school or 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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LEARN SOMETHING NEW: Why not raise money for Prospect Hospice and learn a new skill at the same time? **Learn to play an instrument**, learn a new dance, learn to juggle... whatever you choose, challenge yourself to learn it over the month of May!

SPONSORED RUN/WALK: Can you and your class mates **complete 45 laps of the playground** over the course of the day. Why not get your teachers involved and all 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** every day in May! 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 in May, then ask family or friends to give a 'donation' to Prospect Hospice instead of a birthday gift this year.

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DO 45 PRESS-UPS DAILY: Challenge yourself to complete **45 press-ups** every day throughout May, improving your strength while supporting Prospect Hospice's vital work.

TAKE ON A 45-SECOND PLANK CHALLENGE, INCREASING THE TIME DAILY: Start with a **45-second plank** on day one and push your limits by increasing the time each day, all while raising funds for Prospect Hospice.

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DRAW OR PAINT 45 PIECES OF ART: Unleash your creativity by drawing or painting **45 unique pieces of art** and auctioning them to support Prospect Hospice's 45th anniversary.

WRITE A 45-LINE POEM OR STORY: Celebrate the hospice's milestone by crafting a meaningful **45-line poem or story** inspired by care, compassion, or personal experiences.

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

HOST A COFFEE MORNING WITH 45 ATTENDEES: Bring together friends, family, and neighbours for a coffee morning, aiming to gather **45 attendees** and donations to honour 45 years of care.

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36**CREATE A VIDEO OF 45 PEOPLE SHARING WHY THEY SUPPORT PROSPECT HOSPICE:**

Compile a heartfelt video featuring **45 individuals** sharing their reasons for supporting Prospect Hospice, spreading awareness and raising funds.

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LEARN 45 WORDS IN A NEW LANGUAGE: Broaden your horizons by **learning 45 words** in a new language, connecting with others and raising funds for the hospice along the way.

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SPEND 45 MINUTES OUTDOORS DAILY: Commit to spending **45 minutes outdoors every day** in May, whether walking, gardening, or meditating, while raising awareness for Prospect Hospice.

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EAT 45 DIFFERENT HEALTHY MEALS IN May: Challenge your taste buds by preparing and **enjoying 45 different healthy meals** this May, sharing your recipes to inspire others to donate.

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TELL 45 JOKES TO SPREAD SMILES: Brighten the day by **telling 45 jokes** throughout May, sharing laughter with friends and family while raising money for Prospect Hospice.

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BUILD A 45-PIECE LEGO STRUCTURE: Construct a **45-piece LEGO** creation, symbolising the building blocks of care and compassion, and invite sponsors to support your effort.

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CROCHET OR KNIT 45 ITEMS (SCARVES, HATS, ETC): Put your crafting skills to work by crocheting or **knitting 45 items**, such as scarves, hats, or blankets, to sell or donate as part of your fundraising effort for Prospect Hospice's 45th anniversary.

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HOST A 45-MINUTE EVENT: Host a **45-minute virtual or in-person "open mic"** event inviting people to share their own stories, poems, or personal experiences related to themes of love, community, or personal growth, and asking for donations to attend.

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ACTS OF KINDNESS: Complete and document **45 random acts of kindness** each day, such as helping a neighbour, volunteering, or donating items. Share these acts on social media to inspire others to contribute and encourage sponsorship.

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RAISE £45 IN 45 MINUTES: If none of our suggestions appeal to you, then why not set yourself a quickfire challenge of 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
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 ☆

