

40 CHALLENGES!

Raffle a cake, goodie bag or hamper

Hold a coffee morning

Organise a clothes swap

Take a 40 Days of Lent challenge

Host a 'Come Dine With Me' style dinner party

40 days of Pilates or Yoga challenge

Ask for donations to Rainbow Centre instead of birthday gifts

Hold a quiz or game night for donations

Dip a day! Take a cold water dip everyday for 40 days

Set up a monthly donation to Rainbow Centre

Run a marathon or half marathon for Rainbow Centre

Car boot sale items you no longer need

Host a golf day at your local club

Shave your beard - or grow one!

Arrange a darts match for donations

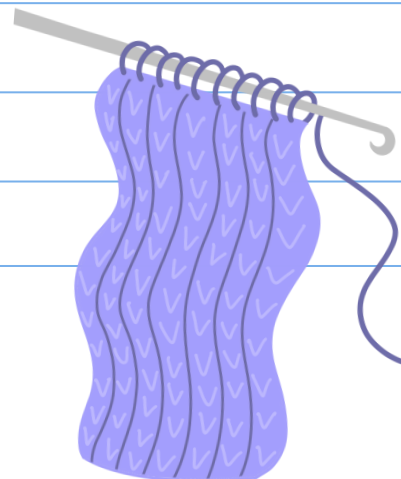
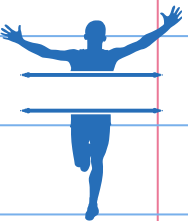
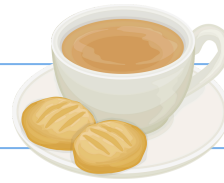
Hold a ruby themed fundraising event

Walk 40 miles in a week or to 40 destinations of your choice

Make craft items to sell for donations

Put a collection box at your venue or workplace

Host a sponsored knit-a-thon



Contact events@rainbow-centre.org
for a fundraiser pack

child friendly

40 CHALLENGES!



Take the Big Sleep Out challenge



Easter egg hunt fundraiser



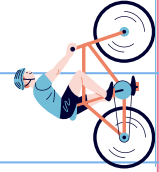
Sponsored bike ride



End of term no school uniform day for a £1 donation



Raise £40 with your classmates or friends



Hold a fancy dress or costume day at your school or workplace

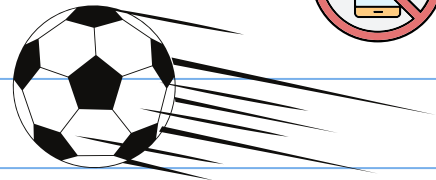
Clean the car, tidy the house or get gardening for sponsorship

Dress as your favourite film or book character for a day



Digital detox for sponsorship or a donation

Sponsored silence



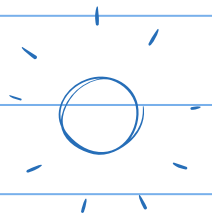
Hold a football match or 5-a-side and ask for donations to play

Skipping challenge: skip for 40 minutes over a week

Create your own fun challenge and tell us what you did

Running challenge: run for 40 minutes, or to 40 places over a week

Swim challenge: swim 40 lengths over a week or month



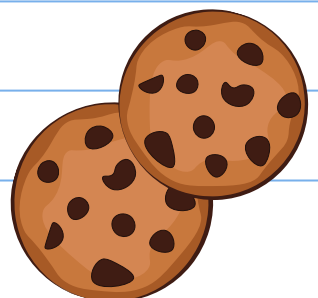
Design a Christmas card for our competition



Dance-a-thon: throw shapes or learn a new routine everyday

Read-a-thon: read as much as possible in one sitting or everyday

Bake sale! Make cakes, biscuits and goodies to sell



Mad Hatter's tea party

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Rainbow Centre
Supporting our community
for 40 years