



pregnancy twinning

IDEAS SHEET

CHALLENGES

Tough Mudder Obstacle Course (for our Tough Mothers)

Skydive

Abseil

5k, 10k, half marathon or full marathon!

Sponsored bike ride

Live Below the Line

Three Peaks

Trailtrekker

WITH FRIENDS

- Bake Sale
- Knit-a-thon
- Pub Quiz
- RAG Raid (Bucket collection)
- Cheese and Wine Night
- Charity Coffee Morning
- Ticketed Games Night
- Auction of Promises
- Ticketed Clothes Swop

PERSONAL

- Ask to put a collection tin in a local shop
- Ask your boss to have a dress down day to raise funds
- Sponsored dry January challenge (or try a dry 9 months!)
- Donate your Birthday or Baby Shower