

Emergency Appeal



Daily Exercise Challenge

Get the whole family involved and pledge to do some daily exercise in exchange for sponsors from family and friends. It could be press-ups, 10,000 steps a day, sit ups, squats, hula hooping...the list is endless. Set yourself the challenge to stay fit and healthy while supporting a fantastic local cause. Click on the link for some inspiration and useful tips: <https://www.goodhousekeeping.com/uk/health/health-advice/a31697332/staying-fit-healthy-self-isolating/>

Get the children involved

Set your children a weekly reading challenge and sponsor them per page, per chapter, per book, or for every fifteen minutes they spend reading. You could also set a weekly spelling test and sponsor them for every word they spell correctly! A fantastic way to keep up their reading and spelling skills whilst raising money for a worthy cause.

Laps around the garden

Make your garden your new exercise playground and set yourself a challenge each week to complete a certain number of laps around it. You could run, walk, skip or even dance your way around! Ask friends and family to sponsor you to meet your fundraising target and share pictures and videos of your weekly laps to encourage others to do the same.

Dance for Donations

Get your dancing socks on and get the whole family to dance around the house. This could be for a couple of hours, half a day, or even a full day if you dancing queens and jive bunnies are up to it! Prepare to have plenty short breaks with lots of snacks and drinks to keep your energy levels up – then pull out your best moves and dance like no one is watching. Ask friends and family to sponsor you per hour, or donate to add specific songs to your dancing playlist - the cheesier the better!

Daily Steps Target

Get the whole family involved (and the dog if you have one) and set yourself a challenge to complete a certain number of steps every day, this could be through your daily outdoor exercise, walking round the garden, marching on the spot or even walking up and down the stairs. Click on the link below for some helpful advice on daily exercise: <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Emergency Appeal



Work your Week in Fancy Dress!

We all have that cupboard full of cowboy hats, feather boas and 80's lycra! Why not dress up each day for a week while you are working from home, share pictures with your colleagues, put a smile on their face and ask for donations in return. The bigger the donation the crazier the next day's outfit...

Ditch the Drink

If you're working from home and have you found yourself at the wine rack or in the drinks cupboard more than usual, why not challenge yourself to an alcohol-free month and ask friends and family to sponsor you – click on the link below for some great tips:

<https://www.getthegloss.com/article/7-tips-to-make-giving-up-alcohol-for-a-month-easier>

Give up the Goodies

Has your pre summer healthy eating gone out the window? Are you working from home and binging on sweets and biscuits instead of apples and bananas? Why not challenge yourself to give up the sweet stuff for a month in return for sponsors – now we think this could be a very difficult challenge!

Bad Language/Meanness Jar

If you are juggling working from home, home schooling your children, trying to run a house and keep everyone entertained – tensions may be high and the odd 'naughty' word may have slipped through your lips! Train your tongue quickly and pay a fine when you have uttered something you shouldn't have! A meanness jar is also a great way to encourage the children to be kind to each other...if they are mean to their sibling, a portion of their pocket money goes into the meanness jar!

Donate what you would have spent

Many of us are now working from home, which means not having to fill the car up, paying to commute or buy our lunch – why not put aside what you would normally spend each day and donate it? It's amazing what small amounts of change can add up to by the end of the month.

Emergency Appeal



Tricks for Treats

Are you struggling to keep the children entertained? Could you ask them to teach your family pet new tricks and show them off to friends and family via Facebook, WhatsApp, Skype or Zoom? Donations could be made for each successful new trick!

Play for a Purpose

If anyone in your household is a gaming addict, why not encourage them to play for a purpose by putting a team together in their favorite game and asking the team to pay an entry fee. To pay their entry fee they could use our text to donate service – text HOSPICEWC then the donation amount to 70085. Click on the link below for more ideas on how to fundraise while gaming:

<https://www.justgiving.com/fundraising/ideas/gaming/resources/top-gaming-fundraising-ideas>

Virtual Gig

Are you part of a band and are missing performing at your usual weekend gigs? Why not hold a virtual live gig on Facebook and ask for donations in return for song requests? Donations can be made via a donate button on your live post, or via our Text to Donate service by texting HOSPICEWC and the amount you want to donate to 70085.

Virtual Exercise Class

Are you a fitness instructor who is missing your weekly classes? Why not hold a virtual live class on Facebook and ask for donations from people taking part? Donations can be made via a donate button on your live post, or via our Text to Donate service by texting HOSPICEWC and the amount you want to donate to 70085.

There are many ways to fundraise at home and support Hospice at Home West Cumbria, the only limit is your imagination!

Please get in touch with us at info@hhwc.org.uk if you have been fundraising for us - we'd love to share your story to encourage others to support our cause.

Thank you!