



A

Aerobics class – Set up an aerobics class and get friends and family to make a donation to join.

Birthday – Donate your birthday this year! Host a birthday party ask your friends and family to donate to Crohn's and Colitis UK instead of giving you presents or buying you a drink! Why not create a Facebook Birthday fundraiser to collect your donations?

B

C

Crafts – Choose your crafty activity and make your handmade items, from tote bags, cushions or clothing then ask friends and family to bid from them!

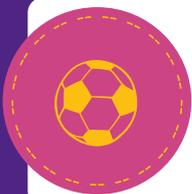


Dinner party – Host a dinner party and get your friends to donate the cost of a meal. Why not add a theme?

D

E

Endurance challenge – Get sponsored to do 1000 burpees or hold a plank for as long as you can!



Five aside footie – Charge teams to enter and set a ticket price for friends and family to come along and watch the action!

F

G

Give up something – Push your willpower and give up chocolate, alcohol or social media and donate what you would have spent or get sponsored.

Head shave – Make sure your bold move gets the recognition it deserves by collecting sponsorship, why not offer people the chance to bid to shave your head?



H

I

In lieu donations – Make a donation to Crohn's and Colitis UK in lieu of receiving gifts on your Birthday, Wedding or any special occasion.



Jazz night – Host a jazz-themed musical evening for friends and family. Why not give it a 1920s-theme?

J

K

Knitted goods sale – Love to knit, crochet or sew? Use your skills to make beautiful, handmade crafts and sell them online.



Luncheon – Why not organise a nice lunch for friends or family, with party games and a raffle?

L

M

Marathon – Run. Walk. Jog. Whether it's all in one go, or a mile a day. It's your marathon, your way!



Improved lives today, and a world free from Crohn's and Colitis tomorrow



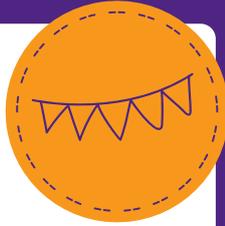
No talking – Can you take on a sponsored silence? Set yourself a timescale and ask for donations!



Tea party – Online or in person, come together with friends, family & colleagues to enjoy a brew!



O **Open garden day** – If your garden is in full bloom, why not open your doors for an entry fee and host an open garden? Set up a mini team and offer refreshments!



U **Unwanted stuff** – Why not flog your old clothes, furniture, vintage items or games at a car boot sale or online?

V **Virtual challenge** – Cycle the distance to Paris or run a marathon in your local greenspace. Simply choose your challenge, work out the distance, and get sponsored! Use our Distance tracker poster!



P **Personal challenge** – Set yourself your own personal challenge and collect sponsorship, time to conquer a fear!



Q **Quiz night** – whether it's in your favourite pub or online, everyone loves a chance to test their brainpower! Why not use our handy readymade quiz?



W **Wet, wet, wet!** Can you brave the cold and take a dip on Boxing Day for Crohn's and Colitis? Ask for donations for your bravery!



X **Xbox or PlayStation marathon** –

Get your buddies together for a mammoth gaming session, and ask for a small fee to take part. Ready, set, game!



R **Raffle** – Get in touch with local businesses and ask them to donate prizes such as vouchers and food or drink.



S **Sweepstakes** – up the excitement for the Premier League, Great British Bake off, Strictly; whatever takes your fancy! Create your own competition and use our poster!



Y **Year-long challenge** – Get sponsored to take on a year-long challenge, such as training for a marathon or learning a new skill each week.



Z **Zumbathon** – Get your dancing shoes on for a fundraising Zumba class. Invite friends, family and workmates to join in the fun for a small fee.



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