



**WE INSPIRE**

## SPONSORED EVENTS AT YOUR CHURCH

Getting parishioners involved to complete challenges is a great way to raise funds. We've pulled together a selection of ideas to get you thinking.

### Running or cycling

**Estimate £500 - £1,000**

Set a course distance and ask as many people as possible to take part in a sponsored run or cycle. Encourage families and groups of friends to enter together or form a relay team to share the distance.

### Hiking or walking

**Estimate £500 - £1,000**

This is a similar event to arrange but at a slower pace. Choose a scenic route and allow walkers to bring their dogs along too.

### Knit-a-thon

**Estimate £40 - £120**

Hold a nimble-fingered knit-a-thon and see how many stitches you can knit for charity. You could make teddies, scarves, blankets or jumpers or knit squares and make a larger throw to display or sell afterwards. Get sponsored per stitch or per item completed in an allotted time.

### Swimming

**Estimate £400 - £900**

Challenge individuals or teams to swim a particular distance. You could organise a relay or a fancy dress dip in your local pool, or if you're by the sea why not get as many people as you can to take the plunge in the middle of winter.

### Silence

**Estimate £50 - £100**

Set yourselves a challenge to stay silent for as long as possible. This is an easy challenge to set up, doesn't need any specialist equipment and creates a lot of peace and quiet too!

### Poverty challenge

**Estimate £200 - £1,000**

Challenge yourselves to live below the poverty line for a set period of time. How long could you live with just £1 a day to spend on food?



*Briony decided to set herself a challenge for Lent, and lived on the poverty line for 5 days raising an incredible £2,100*



*Colin Bell travelled from John O'Groats to Land's End with a ShelterBox on his back! Colin raised £25K*



*Richard after running his first ever half marathon. He completed the race in just 2 hours and 10 minutes and raised £1,775*

*Don't forget to share your event with us.*

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