

## “30 for 30” Fundraising Challenges

Join us in celebrating our 30th anniversary by taking on a special “30 for 30” fundraising challenge. Here’s some inspiration for you and your little (and not so little) ones...

**1** **GIVE IT UP CHALLENGE** : Whether its sweets, chocolate, gaming, social media... why not try giving up something you really enjoy for **30 days** and get sponsored to do it!

**2** **TAKE IT UP CHALLENGE** : Alternatively how about a ‘take it up challenge’? Whether it’s walking the dog, washing up, making the bed - whatever the chore, do it for **30 days** and get that sponsorship money in!

**3** **ALLERGY-FRIENDLY BAKE SALE** : Spend the weekend baking a selection of allergy friendly cakes and treats and sell them to neighbours, family, classmates for **30p per treat**.

**4** **SPONSORED SWIM** : Challenge yourself to swim **30 lengths** of your local swimming pool and get sponsored for each length you complete. If you want an extra challenge set yourself a timer and see how quickly you can complete it!

**5** **ARTS AND CRAFTS** : Do you have a special crafting talent? Why not make and sell **30 handmade items**? Get the whole family involved in either making or selling the items. A great activity for a rainy day or during the school holidays!

**6** **SPONSORED SILENCE** : One we know the parents will enjoy! Can you encourage the kids to stay silent for **30 minutes** or for adults try **30 hours**? Give it a try and see how much sponsorship money you can raise. It’s not as easy as it sounds!

**7** **QUIZ NIGHT** : Organise a quiz night for your school or workplace and have **30 questions per round**. Don’t forget to include [our allergy round](#) and encourage everyone to make a small donation to enter!

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**HOUSE CLEAR OUT** : Rummage around the house to see what unwanted items you can donate using our [iCollectClothes service](#). Can you find **30 books, clothes or toys** you no longer need that someone else could enjoy?

**MAKE YOUR OWN COLLECTION BOXES** : Download the FREE collection box template from the [fundraising resources](#) on our website and make a collection box for donations at school or in the workplace during Anaphylaxis Awareness Week.

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**WEAR IT ORANGE** : Or how about a challenge for all the fashionistas out there? Could you wear something orange (one of the Anaphylaxis UK brand colours!) every day **for 30 days**? Don't forget to tell people why you're wearing so much orange!

**YES DAY CHALLENGE** : Challenge yourself to say YES to everything a friend or family member asks you to do **for 30 hours**, in exchange for donations of course! Don't forget to pay your donations online at [www.anaphylaxis.org.uk/donate](http://www.anaphylaxis.org.uk/donate)

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**WORRY WORMS** : How about a fun little activity for those rainy days? Can your family **make 30 'worry worms'** and hide them around your neighbourhood for friends to find? Look out for our tutorial on how to make worry worms coming soon.

**ALLERGY FACT FINDING** : Using the Anaphylaxis UK website, come up with **30 facts** about allergies and share it with your friends and family, or even your class at school – raising awareness is key after all!

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**TIME TO SHINE** : Do you have a special talent? Why not organise a **30 minute** talent show and sell tickets to your friends and family! Get your friends involved to showcase how talented you all are!

**GIFT WRAPPING SERVICE** : It's never too early to think about Christmas! Why not organise a gift wrapping service this Christmas in exchange for a small donation for each present wrapped. Can you wrap **30 presents** in 1 day?

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**AFTERNOON TEA :** Organise an afternoon tea party and encourage friends and family to make a donation to attend? Can you **raise £30** through donations? Visit the [fundraising resources](#) on our website to make bunting to theme your tea party.

**SPONSORED CAR WASH :** Do something nice for your neighbours by offering to wash their cars in exchange for a donation amount of their choice. Can you wash **30 cars** in one weekend?

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**READING CHALLENGE :** Set your family a goal of **reading 30 books** before the end of the year. You could get friends and family to sponsor you for every book your family reads!

**30 MILES IN 30 DAYS :** Can you take on the challenge of covering **30 miles in 30 days**? You can cover the distance however you like... Swim, walk, run, cycle! Don't forget to collect donations or sponsorship for every mile you complete.

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**30 PROMISES :** How about coming up with **30 promises** that you can sell to the highest bidder? You could promise to share your sweets, eat your fruit and veg, wear rival sporting colours or any promise your friends and family might like to buy!

**CELEBRATION CARDS :** Whatever the celebration... birthdays, Christmas, Easter, Valentines... spend some time making **30 cards** to sell throughout the year for a small donation. People love one-of-a-kind cards that can't be bought in the shops!

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**DRESS DOWN DAY :** How about organising a dress down day at work or school with all donations going to Anaphylaxis UK? You could ask everyone to dress up as a famous person from **1994 the year our charity was founded!**

**SPONSORED DANCE-A-THON :** This is one to help the whole family burn off some energy! Can you dance to **30 songs in a day**? Don't forget to get sponsored for each song you dance to!

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**KARAOKE CHALLENGE** : If dancing isn't your thing, then why not try a singing challenge? Can you sing to **30 songs in a day** or how about only picking songs from 1994, the year our charity was founded?

**BOOK SWAP SHOP** : Set up a book swap shop in your school or workplace and encourage everyone to donate their old books. Books can then be purchased for a donation. Can you **sell or donate 30 books**?

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**LEARN SOMETHING NEW** : Why not raise money for Anaphylaxis UK and learn a new skill at the same time? Learn to play an instrument, learn a new dance, learn to juggle... whatever you choose, challenge yourself to **learn it in 30 days!**

**SPONSORED RUN/WALK** : Can you and your class mates complete **30 laps of the playground** over the course of the day. Why not get your teachers involved and all wear something orange to show your support for Anaphylaxis UK?

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**SELFIE CHALLENGE** : Why not take on a selfie challenge and **take 30 weird and wonderful selfies** in 30 days! Even better, include an Anaphylaxis UK poster in your selfies to raise awareness!

**DONATE YOUR BIRTHDAY** : If you're feeling super generous and have a birthday coming up, then ask family or friends to give a 'donation' to Anaphylaxis UK instead of a birthday gift this year.

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**RAISE £30 IN 30 MINUTES** : If none of our suggestions appeal to you, then why not set yourself a quickfire challenge of raising **£30 in 30 minutes**? However you do it, you've got just 30 minutes to do it!

If you are organising your own event for us, there are a few things to consider to ensure that your event runs smoothly, safely and legally. Visit our [Keeping Fundraising Safe & Legal](#) webpage for more information.

**Good luck with your fundraising efforts and don't forget to let us know what you get up to by contacting [fundraising@anaphylaxis.org.uk](mailto:fundraising@anaphylaxis.org.uk)... We'd love to hear from you!**