

In aid of

**KEECH
HOSPICE.**

Registered Charity No. 1035089

Fundraising ideas

Sponsored activities

Can you keep quiet for a whole day?
Or give up chocolate or alcohol?
How about shaving your hair? Raise money through our fundraising sponsorship ideas.

Help out and raise money for Keech

- **Dog walking** – ask for a donation to walk a neighbour or friend's dog.
- **House sitting** – ask for a donation to take care of someone's house either whilst they are away, or perhaps offer to do their house chores and jobs?
- **Helper for the day** – could you be a personal chef to someone? Or perhaps help build a shed or paint a fence? Offer a helping hand in return for a donation to Keech Hospice.

Keep it safe

Don't forget what ever you do with food you always need to keep in safe and legal. More useful information can be found via:

Food Standards Agency:

[Providing food at community and charity events](#) | [Food Standards Agency](#)

Fundraising Regulator:

[Community Fundraising and Events](#) | [Fundraising Regulator](#)

Fancy a challenge but don't like running?

- **Head shave** – could you brave the shave? Get sponsored to cut or shave your hair.
- **Hair dye** – Pink? Blue? Orange? What colour will you dye your hair to get sponsored?
- **Wax** – feeling brave? Get sponsored to wax away.
- **Silence/Read-a-thon/Anything-a-thon** – how long can you stay silent for? How many books can you read within a month? Get sponsored for a challenge of your choice.
- **Face painted for the day** – get sponsored to have your face painted for the day and for an extra donation, be prepared to walk in public with it.
- **Charity shop challenge** – choose and wear an outfit from a charity shop.

Give it up for Keech Hospice

Ask for sponsorship to give up one of your favourite items. Challenge yourself even further by setting up milestones to hit, like £100, and when reached, add an additional day to your challenge.

Why not trying giving up:

- Chocolate
- Alcohol
- Sugar
- Television
- Screen time
- Only drinking water