



**Bolton Hospice**  
caring from the heart

# CHALLENGE 20

2012 is Bolton Hospice's 20<sup>th</sup> anniversary and to celebrate we're asking local people to challenge themselves for Bolton Hospice!

Our Challenge 20 fundraiser is all about doing something different, achieving something amazing and doing something to help your local hospice continue to care for people with life-limiting illnesses for another 20 years.

If you're up for the challenge simply select which ones from the list below - you can do just one or as many as you like! And why stop there? You can come up with your own personal challenge too and we'll be there with you every step of the way to help you achieve your goal.

Once you have decided what you want to do, complete the registration form and we'll make sure you have everything you need to take on the Bolton Hospice Challenge 20!

## 1. One Bolton 5K & 10K Races

Taking place on Sunday 12<sup>th</sup> August, these 5K and 10K races start and finish at the Reebok Stadium and loop around Red Moss nature reserve. A nice flat course which is ideal for beginners, fun runners and personal best times!

## 2. Santa Dash

Our annual 3K Santa Dash and Reindeer Run takes place in early December at the Reebok Stadium. You'll complete 8 laps of the stadium dressed as the big man himself, with children also taking part dressed as reindeer. This is a great fun-filled festive event for all the family!

## 3. Midnight Memories Walk

2012 will see the return of the hugely popular Midnight Memories Walk, on Saturday 30<sup>th</sup> June. It's an 8 mile walk from Bolton town centre up Chorley New Road to the Beehive roundabout and back again, starting at midnight. Walk in memory of a loved one, for someone still facing their illness or just to have fun and get fit.

## 4. Swimathon

If you're more comfortable in the water than on dry land then why not organise a swimathon at your local pool? You can involve you colleagues, classmates or group members in a competition against each other, or just set yourself a challenging target in the pool.

## 5. Skydive

This is one for all those adrenaline-junkies! You can do a parachute jump for free when you raise a minimum of £395 in sponsorship, and who wouldn't sponsor you to throw yourself out of a plane flying at 10,000ft?!

## 6. Overseas Challenge

Climb Mount Kilimanjaro, walk the Great Wall of China, cycle through Vietnam or trek the Inca Trail to Machu Picchu...the possibilities are endless. Visit [www.charitychallenge.com](http://www.charitychallenge.com) and begin your adventure...

## 7. Virtual Challenge

If you want to complete a sporting challenge but don't have the time to travel abroad to do it, why not complete a virtual challenge in your gym? Take on a stage of the Tour de France on an exercise bike, walk the Great Wall of China on a treadmill or swim the 21 mile English Channel in the pool!

## 8. Lock up your Boss!

Have you ever wanted to lock up your boss for crimes like never offering to brew up or wearing terrible ties? Well now is your chance! Following your nomination your boss could be taken to court to face up to their crimes and ordered to 'post bail' by raising enough money to buy their way out!

## 9. Sponsored Silence

If you're a chatterbox at school, college or work then why not get your friends and family to sponsor you to keep quiet for a whole day? This is a really easy activity for all ages and can be done alone or in a group.

## 10. Sports Day Challenge

With 2012 being the year of the London Olympics, it really is the time to get sporty! Turn your school sports day into a fundraising affair, or turn your office into an Olympic arena for the day and hold your own mini-games.

## 11. Bake-a-thon

The Bolton Hospice Bake-a-thon is taking place from Monday 15<sup>th</sup> – Sunday 21<sup>st</sup> October 2012 and we want you to get involved by holding a bake sale at home, school, work or somewhere in your local community. A great foodie fundraiser and if you can't wait until October you can do it anytime.

## 12. Quiz Challenge

Everyone loves a good pub quiz, so for this one you can set your own questions or take part in our '20 years in Bolton' quiz which is running throughout the year. Each entry costs £2 and there'll be a special prize for the winner at the end of the year.

## 13. Dinner Party Challenge

Another one for food lovers! Visit [www.dinner4good.com](http://www.dinner4good.com) to register your dinner party, send invites and ask for donations for your dinner party from your guests. Why not get together with a group of friends and each hold a dinner party in a 'Come Dine With Me' style competition?

#### **14. Wear Pink Day**

A really easy fundraiser that anyone can get involved in. Simply ask everyone at school or work to wear something (or everything!) pink for the day and make a £1 donation to Bolton Hospice – you can also charge any non-pink wearers a £2 fine for not taking part!

#### **15. Fill a Box**

Contact us for a loose change box that you can fill up with change and make a difference to the lives of local people facing life-limiting illnesses. You can simply add your loose change to your own box throughout the year, or get a competition going with your friends to see who can fill their box up first!

#### **16. Dance-a-thon**

There's a style of dance to suit everyone, so whether you're into ballroom, bollywood, zumba or street dance get moving to the sound of the music and dance the night away...

#### **17. Sponsored Bikeride**

There are lots of organised bike rides that take place throughout the year in the UK, such as the Manchester to Blackpool bike ride in July. Or you could set your own route and go it alone or cycle with family or friends.

#### **18. Sponsored Head Shave**

Only the brave need apply! If you think you can carry off the shaved look then ask your friends and family to sponsor you to transform your look – works best for those with long hair...

#### **19. Make a change**

As the old saying goes – a change is as good as a rest. So why not make 2012 the year that you change your life, and the lives of local people facing life-limiting illnesses? It might be pledging to go to the gym more, eating more healthily or just doing something different every day.

#### **20. Kick the habit**

Have you been waiting for a reason to give up smoking, drinking, junk food or biting your nails? This could be your chance to kick the habit for good and raise money for your local hospice at the same time. All you need is a sponsorship form and some willpower...

**If you need any more information on our 20 challenges, please contact Aanika Dhillon, Community Fundraiser, on 01204 663065 or email [communityfundraiser@boltonhospice.org](mailto:communityfundraiser@boltonhospice.org)**