

Challenge



Age UK Solihull is turning 40 in 2023!

Help us celebrate our Ruby anniversary and raise funds by taking part in

Challenge 40

Choose a challenge based around the number 40 - anything from running 40 miles to baking 40 cakes, or doing 40,000 steps in a month. Ask your friends to sponsor you to help us continue to be there for older Solihull residents.

We are a local charity and all the funds raised will stay in Solihull to help older and vulnerable people in the borough.

Sign up at:

www.ageuk.org.uk/solihull/we-are-40

Walk
Run
Cycle
Sing
Bake
Dance
Row
Cook
Hike
Swim
Eat
Make
Speak
Donate
Knit
Step
Read
Write
Squat

