



# Have some summer fun with Challenge 40!

You are invited to celebrate Age UK Solihull's 40th birthday with us by joining in with **CHALLENGE 40** over the Summer holidays.

**Choose a challenge based around the number 40 and ask your friends and family to sponsor you to raise funds for Age UK Solihull.**

Master a new skill

**Do something for 40 days\***

Set yourself a reading challenge

Do a good turn each day

Walk, cycle, skateboard, skip, cartwheel or jump every day

Do a sponsored silence

**What could you do in 40 minutes?**

Sell tickets to a 40-minute show

How far could you run, swim, skate or jump?

Make something crafty and sell your creations

Get 40 items in a matchbox!

**More 40-based activities**

Collect 40 items (e.g shells, coins, rocks)

Create your own challenge!

Bake and sell 40 cupcakes

Beat the Summer boredom, have fun as a family and raise funds to help older people in Solihull. For your FREE fundraising pack, scan the QR code or visit [www.ageuk.org.uk/solihull/summerchallenge](http://www.ageuk.org.uk/solihull/summerchallenge)



*\*Conveniently, the summer holidays are approximately 40 days long!*

Age UK Solihull, The Core, Central Library Building, Homer Road, Solihull B91 3RG. Registered charity number 1055887.

