

115 CHALLENGE



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DO YOU HAVE WHAT IT TAKES TO TAKE ON THE 115 CHALLENGE?

Age UK West Cumbria dares you to take on the '115 Challenge' to raise funds to purchase a Community Vehicle in order to improve our services.

From 1st August – 31st August, you can challenge yourself to complete 115 activities throughout the whole month of August, and the best part is you can choose absolutely any activity you want!

You will find everything you need in this pack to take part in the challenge including sponsorship forms, ideas and challenge inspiration.

We wish everyone who takes on the challenge good luck and, most importantly, we hope you have fun doing so!

Start **fundraising**
for Age UK today



Thank you so much for choosing to take on this challenge. Without your support we wouldn't be able to continue doing what we do for the older people in West Cumbria.

Your donations allow older people to **love later life.**

Jane Mindar, CE





Ways to Fundraise Alone



Walk/run/hike
115 miles

Swim

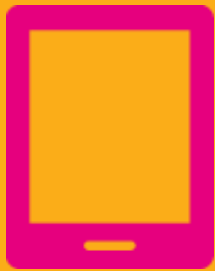
115 lengths



Play a game for
115 hours

Attempt to do

115 kick-ups



Take
115 photographs

Knit/crochet

115 items



Wear
115 items of clothing

Ways to Fundraise at School and Work

Make yourself/friends/family

115 cups of tea



Paint/draw

115 pictures

Bake

115 cakes/cookies



Plant

115 plants/flowers

Read

115 book pages



Try to save

115 plants/flowers





Everybody deserves to love later life.

Age UK West Cumbria working in partnership with Age UK. Age UK West Cumbria
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