

Host a Bake Sale

A deliciously simple way to reward people for their £1

Beat Your Boss

Play a board game, arm wrestle, have a race or a quiz - challenge your boss for £1 a pop!

Team Challenge

Are you in a sports team? Why not host a charity match or challenge together?

Hold A Coffee Morning

Coffee, catch-up & donate!

Sing Along

Are you in a choir? Or are you a Karaoke master? Host a sing along and collect in those £1's

Stay Silent

See if you can hold your tongue for a day! You can even throw an extra £1 in each time you slip up!

Job Swap

Swap jobs with someone in your work place or try to teach your teacher!

Host A Quiz Or Bingo

A great one if you're working from home!

Step Challenge

Set a step challenge, whether its 1000 steps or 10,000. Another great one if you're working from home too!

Scavenger Hunt

Hide something in the office / school / community and set clues to help find it.

Dress Down Day

Ditch the workwear / uniform and go casual for the day!

Dress Up Day

Take it one step further and go for fancy dress! You can even have a prize for the best

Hold A Sweepstake

Guess the number of sweets in a jar or the weight of an object. Winner gets bragging rights!

Promise Auction

Ask everyone to write down a promise of something they can do for someone else and auction them off!

Hold A Sports Day

A classic egg and spoon race is always great fun!

Car Wash

Grab some sponges and buckets and clean each others cars! Schools could invite parents to have theirs washed by students!

If you have any questions or need any support, our Community Partnerships Manager, Wendy, will be happy to help!

- **U** 0151 529 6560 / 07955 282148
- WENDY.WILLIAMSON@LIVERPOOLFT.NHS.UK
- WWW.WOODLANDSHOSPICE.ORG

