

# 30 IDEAS FOR YOU TO SAY CHEERS

**CHEERS!**  
FOR **30**  
**YEARS**

**1**

## Give it up for 30 days

Challenge yourself to give something you love up for 30 days

**2**

## Afternoon Tea Party

**3**

## Obstacle race

**4**

## Hold a bingo night

**5**

## Brave the shave

**6**

## No make-up selfie

Share your no makeup selfie on social media, donate £3 to our Just Giving campaign & nominate a friend to do the same

**7**

## Coffee morning

**8**

## Dance marathon

**9**

## Hold a raffle - in person or on social media

**10**

## Dress down day

**11**

## Football match or tournament

Make your 90 minutes count by holding a football match or tournament in aid of Lindsey Lodge. Get sponsorship on Just Giving or pay to play

**12**

## 30 day chocolate ban

**13**

## Gaming challenge

**14**

## Quiz night

**15**

## Colour or fancy dress run

**16**

## Bathe in a bath of...

Get messy and bathe in a bath of beans for sponsorship

**17**

## Plant sale

**18**

## Sponsored Silence

**19**

## Litter picking

**20**

## Talent show

**21**

## Cake sale

Bake sale? Piece of cake! You don't need to be Mary Berry to hold your own bake sale. Baking is a fun way to raise funds

**22**

## Bad taste party

**23**

## Sports day

**24**

## Stinky fish challenge

**25**

## Dog walking or car washing

**26**

## Eating challenge

Could you eat 30 Jaffa Cakes? We want to see all your creative eating challenges- relate to the number 30 for bonus points!.

**27**

## Darts match or pool tournament

**28**

## Race night/ Ladies Night

**29**

## Wax challenge

**30**

## Throwback

The big 30! Take part in our throwback challenge. Can you recreate an iconic photo or a treasured memory from 30 years ago?

Don't forget to tag our fundraising page @llhfundraisers in your posts so we can share!

Hashtag #LLHthrowback & donate £3 to our Just Giving campaign, share on social media and nominate a mate.