

HOW YOU CAN HELP

on behalf of our patients - THANK YOU

01942 525566

fundraising@wlh.org.uk

sponsorship and events

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The special difficulties and problems that people living with a life-threatening illness experience, require highly specialised care. Wigan & Leigh Hospice have to raise around one and a half million pounds every year to be able to continue providing the level care our patients need. This would be impossible without the support of people like you. Here you will find a selection of ideas that may help you to discover the fun and fellowship you can experience by organising or taking part in events for which you can raise sponsorship. This list is not exhaustive and we never cease to be amazed at the ingenuity of the many kind people who conceive and arrange innovative projects. Use the ideas to create your own. It need not be 'energetic' - it could even be a 'sleepathon'!

A Activity based events Abseil Aerobics Ale-tasting Afternoon Tea Party Apple Dunking Archery Arm Wrestling Art and Crafts Assault course Auction B Back to Front Day Bad Hair Day Bad Tie Day Baked Beans Bath Ball-summer/winter etc Balloon race Barbecue Barn dance Bazaar Beat the Goalie Beetle Drives Bike Ride Bingo Book Sale Bouncy Castles etc... Brung & Buy Sale Bowls Bridge tournament C Cabaret night Cake sale Car boot sale	C Caribbean evening Car wash Clay pigeon shoot Classic car show Coffee Morning Computer game challenges Concerts Conker competition/c'ship Cookery contest Coin/stamp collections Corny joke competition Cycle ride Custard pie fight D Dance event Darts marathon Darts competition Dog-walking Donkey Derby Doughnut eating competition Dragon Boat Racing Drawing/Painting comp Dinner Dance Disco evening Dressing down day Duck race E Eating competition Egg-hunt Egg & spoon race Egg-painting comp Entertainment based Events Exhibitions	F Fancy dress Fancy dress football/rugby etc. Face-painting Fair - Fete Fashion show Fines Box Fire-walking Fireworks Flower show Food stall Football/5-side etc. Football tournament Fun run G Gala Evening Game show Garage/attic sale Games - scrabble etc Garden party Gigs Go-karting Golf Guess the number... Guess the weight... Guess who's baby... Golf day or challenge Gymkhana	H Halloween party Handicraft sale Head shave Highland games Honesty boxes Hopscotch Horse racing night Horseshoe throwing I Irish night Indoor games Italian night It's a knockout J Japanese evening Jazz night Jelly eating Jewellery/craft making Jogging marathon Jogathon Juggling competition Jumble sale	L Ladies evening Lawn mower racing Leap Frog Limbo Line of coins Lottery Luncheons Lunch break M Mad hatter's tea party Magic show/event Marathons Masquerade Ball Medieval banquet Mile of coins Money mountain Mountain climbing Murder mistery Music quiz Musical chairs Mystery tours Musical evening N Netball tournament Name the baby/ ^{teddy etc} No Smoking day	O Obstacle Course Odd jobs One hundred club Open garden Operatic evening Orienteering Outings P Pancake race Pantomime Penny Mile Photo competition Picnic in the park Pitch and putt Plant sale Plastic duck race Pram push Pub challenges Q Quizzes R Races Raffle Race night Relay race Restaurant events Rock n' Roll Rowing Rugby Running	S Sack race Santa's grotto Scalextric Grand Prix Scavenger hunt Shoe shining Show Skateboarding Skydiving Sponsored slim etc... Sports competitions Start a local group Stop smoking day Swear box Six-a-side football Sixties night Sponsored event Swimathon Swim party T Talent contest Tap dancing Tea party Ten pin bowling Themed evening Three-legged race Tombola Treasure hunt Trivial pursuit Tug-of-war	U Unicycling Uniform-free days University Challenge Used book sale V Valentine's Ball Variety Victorian day Volleyball W Whist drive Window cleaning Wine tasting Working breakfast Y Yacht race Yard of ale Yo-yo competition Yodelling challenge Yogathon Z Zoo trail Zany clothes Zany competitions
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