



Fundraise for Sporting Memories and help people fall back in love with sport this Christmas

Whether you want to fundraise at work, in your community, at your Club or with family and friends, you'll be helping to support older people across the UK to lead healthier and happier lives.

On the overleaf you will find many brilliant ways on how you can make a real difference to older people this Christmas.



Get into the Christmas spirit with these fundraising ideas!

Take one a personal sporting challenge

Get moving. Set yourself a running, walking, swimming or cycling challenge. You can sign up to a local run and get sponsored.

Take a Christmas or New Year dip

Sign up to a local open water or sea festive dip on Christmas Day, Boxing Day or New Years Day. Raise money through sponsorship from family and friends.

Beat the Santa goalie

Find someone to dress as Santa and to go in goal and charge people per shot and offer prizes for people scoring and donating!

Hold a Olympic sports day

An Olympics themed sports day is a great fundraising idea for a group of people. Come up with your own festive sporting events and raise money through entries!

Take on a Advent Challenge

Why not try doing a daily challenge in the lead up to Christmas? This could be anything from running 5k every day to a daily yoga practice!

Christmas raffle

Get into the Christmas spirit by organising a festive raffle. Create a hamper full of goodies and ask friends, family and colleagues to donate unwanted items as prizes to raise funds.

Festive Sweepstake

Pick a horse race before Xmas and ask people to sponsor a horse, and on the day draw a lucky dip against the horses racing. Then split the willing pot between the lucky winner and us!

Festive bake sale

If you've got space in your kitchen, bake cakes or biscuits with a sporting theme to sell and raise money for Sporting Memories.

If you're looking for another way to support us...

Consider asking friends and family to make a donation to the Sporting Memories Foundation instead of buying Christmas gifts or sending cards.

You can pay the money you have raised to Sporting Memories through the following methods:

Online - Pay online through our donate page at sportingmemories.uk/donate

By Cheque - Please send a cheque made payable to 'Sporting Memories Foundation' along with a covering note.

Our address is: Sporting Memories Foundation, Ashfords, Unit 2 Manor Court, Manor Mill Lane, Leeds, LS11 8LQ

Bank Transfer - To receive our banking details to send your fundraising via a bank transfer, call us on **07592 639 056**

For more information visit - sportingmemories.uk/christmas

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