

## Virtual Fundraising Ideas

### New Year, New You

The start of a whole new year offers 365 possibilities. If you have always thought about doing something to improve your health and lifestyle, such as taking up exercise – now's your chance!

The NHS run a fantastic programme called couch to 5K [Couch to 5K: week by week - NHS \(www.nhs.uk\)](http://www.nhs.uk) which supports you in working your way up to being able to run for five kilometres.

You could take on our [Push for Prevention](#) 1000-minute 30 day exercise challenge to help keep you active during lockdown.

To help keep your motivation going set up a [Just Giving page](#) and ask your family and friends to sponsor you. The bonus is that you are getting into a healthy lifestyle which helps reduce your risk of developing breast cancer!

### Could you go without your favourite indulgent treat for 40 days?

Lent, the season of reflection and preparation before Easter, is marked by fasting, both from food and festivities. Why not use this as an opportunity to give up an unhealthy or indulgent habit and make that change you have been wanting to make to improve your health and lifestyle. From alcohol to chocolate the choice is yours. Set up a [Just Giving fundraising page](#) and ask your friends, family and colleagues to sponsor you to help motivate you to keep going.

### Climb Ben Nevis at home

With most of us still experiencing restrictions and limited opportunities to travel you could bring the big outdoors into your own home. Challenge yourself to climb Ben Nevis in the comfort of your own home by climbing 6,550 stairs, that is equivalent to ascending a 15-step staircase 437 times. You could challenge yourself further by choosing an even taller mountain! Set up a [Just Giving page](#)

to track your progress and invite your family, friends and colleagues to sponsor you.

## Show Breast Cancer UK your love this Valentine's Day

Under the current restrictions we may not be able to celebrate Valentine's day in the usual way this year. Why not show Breast cancer UK some love instead by donating what you would have spent on going out? It may also get you some brownie points with your partner. You can donate easily [here](#).

## Spring Cleaning

Everyone loves a good spring clean! One person's trash is another person's treasure. Give any unwanted items a new lease of life by selling those unwanted items on a site like ebay. You can then donate all or a percentage of profits to us [here](#). You could even encourage your friends and neighbours to do same and could even run a competition to see who can raise the most!

Alternatively, you could sell Spring seedlings

Do you always end up growing more plants than you need? This Spring why not help brighten up your friends, family and neighbours' gardens by selling them any spare seedlings and donate all or a percentage of profits to us [here](#).

## Get Springy this spring

Most children struggle to stay still so why not harness that energy and get them springing for Breast Cancer UK. Set up a [Just Giving page](#) and ask family and friends to sponsor your child to do a certain number of jumps on their trampoline, or star jumps, every day during this new lockdown. How many springs can they make in total?

## New year quiz

With the news of the new lockdown what better way than to connect with your friends and family than through our [Virtual Breast Cancer UK quiz](#). We have created a 25 question Spring quiz for you so all you need to do is pick a date, send out your invitations and ask your participants for a small donation to take part, which you can collect by setting up a Just Giving page [here](#). You can download our quiz here.

Thank you for your continued support, your generosity and belief  
in our work is amazing 