

ARE YOU UP FOR THE 30 FOR 30 CHALLENGE?

Raising **£30,000** to mark
30 years of Gloucestershire Young Carers.



SOME FUNDRAISING IDEAS TO GET YOU STARTED...



SPORTY CHALLENGES

- Swim 30 lengths, 30 miles or for 30 days in a row
- Skip for 30 minutes for 30 days
- 30 trampoline jumps for 30 days
- Run 30 miles over 30 days



MORE FUN IDEAS

- Give up chocolate/crisps for 30 days
- Go electronics free for 30 days
- 30 guests at a 1993 movie night
- Read for 30 days in a row



BAKING CHALLENGES

- Hold a cake sale with 30 different cakes
- Hold a bake-off on 30th of the month
- Coffee morning for 30 friends
- Hold a fundraising Thirtea party at work.



Everyone who commits to raising at least **£100** for GYC will receive a **FREE** T-Shirt or Running Vest.



GOOD LUCK and thank you for supporting the **YOUNG** in young carers!

f @ #gyc30for30

Call 01452 733060

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Registered with
FUNDRAISING
REGULATOR

Registered Charity number: 1090289

Gloucestershire
YOUNG
Carers