

CHALLENGE

26 Jul - 1 Aug 2021



Take 24 hours to fundraise
for ARHC
arhc.org.uk/challenge24

Fundraising Ideas

Use part of a 24 hour time period, spread the 24 hours across the week or do something for 24 hours in a row! It really is up to you.

- Host a garden party
 - Get a team together and keep a static bike going for 24 hours
 - Challenge yourself to see how many miles you can run in 24 hours
 - Have a PJ or silly outfit day
 - Have a danceathon
- Get as creative as you like!!!**

