

Ready to get fundraising and have a target in mind? Why not set out a plan to break it down into manageable chunks. To help, we've suggested how much we think you could raise from each idea!



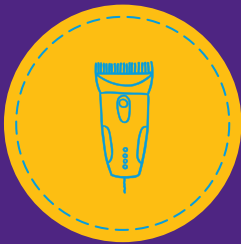
Cake sale • £150



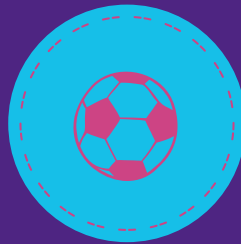
Sponsored walk • £200



Games night • £150



Sponsored shave • £300



Sports match • £150



Quiz night • £200



Sell handmade crafts • £150



Host a competition • £100



Have a get together • £100



Sponsored climb • £250



Gaming competition • £150



Do your own thing!

Improved lives today, and a world free from Crohn's and Colitis tomorrow