

# January

## sign up to run, cycle or jump!

**early January**

What better way to get rid of the January Blues than signing up for a run, cycle or jumping event to raise money for children with IBD, and to help YOU feel fitter and healthier? Email us on [fundraising@cicra.org](mailto:fundraising@cicra.org) to find out more!

## give it up for the kids!

**any time, all year**

Whatever your vice might be, whether it's a pint at the pub or a sweet treat, challenge yourself to give up an indulgence for a month in support of children with IBD

## National Popcorn Day

**19 January**

Hire a popcorn cart and get work colleagues to donate a couple of pounds per pot of popcorn as an afternoon treat. You could also hold a movie night on National Popcorn Day and ask for a donation of what it would cost to go to the cinema.

## Cheese Lovers Day

**20 January**

Hold a cheese and wine evening. You could bring in some cheeses and wine from around the world and guess where they're from. What's not to love?

## Burns Night

**25 January**

To celebrate Scotland's national poet Robert Burns, host your own wee celebration. Wear a touch of tartan and serve up haggis, neeps and tatties! Maybe do a special shortbread pudding for afters?

## Chinese New Year

**25 January**

2020 is the year of the Rat. Chinese New Year officially begins on January 25<sup>th</sup> and ends on February 4<sup>th</sup>. Make some tasty Chinese dishes in return for donations or bake some fortune cookies to sell at work

Have you set up a **CICRA Family Fund** yet? It's a simple way of combining your whole family and friends' support into one big total – just let us know what you would like to call it and any supporters we should link to it.

**Thank you** for all your fantastic support – together we can improve the lives of children with inflammatory bowel disease, Crohn's and colitis, and give them back the childhood they deserve.

**Please share your fundraising ideas and photos from your events on our social media pages.**

## get in touch

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# February

## Six Nations

### Throughout February

Rugby Six Nations - it's a great excuse for fans to indulge in an office or friends' sweepstake and raise money to help a great cause. Or have a rugby fancy dress night with games and a rugby quiz!

## BAFTAs and Oscars

### 2 & 9 February

Lights, camera, action! Why not test your family, friends or work colleagues' film knowledge with a big movie quiz. Fancy dressing as your favourite Hollywood star? Ask for donations to attend your exclusive party, and give an award for best dressed or for other categories.

## Valentine's Day

### 14 February

Wear something red to work. Hold a Valentine's Day cocktail party and serve up a strawberry kiss or cranberry crush. Or give the one you love a special gift – a donation in their name to charity.

## Pancake Day

### 25 February

Celebrate Pancake Day with your colleagues by bringing in shop bought pancakes or making your own in the kitchen office (if you're allowed!) Add lots of toppings and have a midmorning or afternoon snack. Ask for a donation for children with crohns and colitis.

## skydive for children with IBD any time, all year

A tandem skydive is the easiest and most popular of all skydives. 30 minutes of training and then jump strapped to your instructor! Enjoy the exhilarating feeling of flying through the clouds from over 10,000 feet at up to 120 mph! It is a truly unforgettable experience. Raise a minimum amount of funds and you get your jump for free! See more on our fundraising pages: [www.cicra.org/skydive](http://www.cicra.org/skydive)

Raise **£500** and **150 children** could get information for schools to help their teachers understand how they can support them so they don't miss out.

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# March

## The Big Half

**1 March**

Kick off March by racing in a celebration of the wonderful cultural diversity of the great city of London.

Number of participants: 15,000.

Distance: 13.1 miles.

## St David's Day

**1 March**

If running a half marathon is too much for you, why not kick off the month celebrating the patron saint of Wales. The traditional meal on St David's Day is cawl. This is a soup that is made of leek and other locally grown produce. Why not host your own Welsh lunch party and ask for donations to CICRA?

## Cambridge Half Marathon

**8 March**

Since the inaugural event in 2012, the Cambridge Half Marathon has established itself as one of the UK's biggest and most beautiful half marathons. Run this incredible route and take in some of the best sites from across the city Of Cambridge including the Round Church, King's College and the Fitzwilliam Museum.

Number of participants: 10,000.

Distance: 13.1 miles

## St Patrick's Day

**17 March**

Join in the fun of St. Paddy's Day by decorating your home or office green, holding a fancy dress competition and getting into the spirit of our Irish friends from over the pond!

## Mother's Day

**31 March**

Donate prizes perfect for mums and sell them at work. Ask suppliers and local businesses for gifts. We can supply you with a letter of authorisation for this.

## swim the channel

**all month**

not the actual English Channel! Swim 22 miles in March in your local pool as a 'virtual' challenge and get sponsored by family, friends and colleagues. It's an epic distance, but you've got all month!

£30 could provide six **Parent Packs** to hospital clinics to support families after diagnosis with vital information for children, parents and schools

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# April

## Spring Clean Month

### Throughout April

Have a Spring Clean of your desks and office, and at home have a clearout of your wardrobes and hold that car boot sale you've been talking about for ages. Donate the proceeds you make to support children with inflammatory bowel disease.

## International Children's Book Day

### 2 April

Dress up as your favourite character from a book you remember from childhood and donate £1 to do so. Bring in any unwanted books and hold a book sale in the office! Donate the profits to to CICRA to support children with inflammatory bowel disease.

## Grand National

### 4 April

This most legendary of horse races is a great reason to hold an office or friends' sweepstake and raise money to help a great cause. Why not add to the fun by holding a fancy dress night after the race concludes with games and a horseracing quiz?

## Easter

### 10 – 13 April

Easter egg hunt time! Ask for a donation to take part. Add to the fun with egg and spoon relay races - a suggested donation to enter. At work, fill a large sweet jar with mini eggs and ask employees and customers to pay £1 to guess the number of eggs. The closest guess wins all the eggs!

## run, swim, cycle or walk your own marathon

### any time, all year

In the month that the most famous marathon in the world takes place, why not run your own marathon? You can choose whether you run, swim, cycle or walk 26 miles or mix them all up. Ask friends, family and work colleagues to sponsor your marathon effort and contact us to get your free t-shirt and some extra fundraising help and guidance! Email us on [fundraising@cicra.org](mailto:fundraising@cicra.org)

£50 could help fund **vital Medical Research** to find more personalised treatments for children and train more specialists.

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## May

### National BBQ Month

#### Throughout May

Put the sizzle into summer early by hosting your own BBQ. Organise games for your guests –from Twister to limbering up for a limbo.

Ask for a donation of £5-10 per head for coming along.

### Eurovision

#### 12 – 16 May

Belt out Beyoncé or sing along to Celine Dion to celebrate 60 years of Eurovision with an office karaoke competition. Organise a Eurovision sweepstake and ask people to donate £1 to participate.

### International Day of Families

#### 15 May

Celebrate the importance of family and also heighten awareness of issues that affect families all over the world.

### World IBD Day

#### 19 May

A major event in the annual IBD calendar, you can mark it in many different ways, from hosting a bake sale at home or work, to taking part in an ultra challenge. Be loud and proud and make some noise!

### FA Cup final

#### 23 May

Start a footie sweepstake with workmates with all donations helping us reach our goal of a world where a childhood is unlimited by inflammatory bowel disease

### Vitality London 10,000

#### 26 May

Run through London on closed roads past famous sights including Big Ben, St Pauls Cathedral and Buckingham Palace.

Number of participants: 12,000

Distance: 10km

Have you got your tickets for **CICRA's summer draw**? Hurry before the draw next month, in which all proceeds go towards our groundbreaking research.

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# June

## London to Amsterdam cycle ride

10 – 14 June

Forget the Eurostar! What better way to travel from London to Amsterdam than by pedalling the miles yourself! Cycle through four countries as we weave our way through the picturesque English countryside, across the Kent Downs, and past the battlefields of northern France.

## Lake District Challenge

13 – 14 June

Take on England's finest countryside at your pace. Test yourself on a fantastic Ultra Challenge - suitable for all experience levels - and you'll get the best support & hospitality all the way. Walk through Kendal, Ambleside, beside Lake Windermere, forests, and nature reserves - with some stunning views en route.

## European Football Championships

12 June – 12 July

Hold another footie sweepstake with Workmates or friends and family, with all donations helping us reach our goal of a world where a childhood is unlimited by inflammatory bowel disease.

## Royal Ascot

16 – 20 June

Get out your hats, fascinators and suits! Organise for your work crew to go to the races. Create your own sweepstake and give the winner half the winnings and the other half donate to CICRA!

## Father's Day

21 June

Let's celebrate all things father related. Dad can be hard to buy for. Perhaps, instead of getting dad a present this year, use the money you would spend on a gift to donate to CICRA instead. Alternatively, donate prizes perfect for dads and sell them at work, or host an office raffle with the prize of a typical dads day out.

## Cotswold Way Challenge

27 – 28 June

The magical Cotswold Way provides a stunning setting for a testing challenge - with some fantastic views en route and tough hills in between!

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## July

### Wimbledon

**29 Jun – 12 July**

Whether or not you're making the journey to SW19, make a racket about Wimbledon by organising a charity sweepstake. For something different, organise an Xbox tennis tournament in your workplace, for a suggested £3 donation.

### Fourth of July

**4 July**

What a great excuse to host a party! Enjoy the sun and good company by getting your friends and family together for an American styled celebration. Ask guests to make a donation to participate in patriotic themed games.

### Peak District Challenge

**4-5 July**

This challenge will welcome over 2,000 adventurers to idyllic Bakewell, which includes a full range of camping options, car parking, and extensive hospitality & welfare services across the weekend. An unforgettable experience.

### Car Wash

**Throughout July**

The classic summer fundraising idea that works every time. Get staff to volunteer to wash the cars and make your local community aware of this event by posting on social media beforehand.

### Olympics

**24 July – 9 August**

From sweepstakes on the winners at the Games to competitions at home or in the office, there are lots of ways to use this two week sporting extravaganza to raise funds for research into better treatments or support for families. Get silly with office Olympics - fastest typist wins.

### South West Coast to Coast Challenge

**25 / 26 July**

A new 'Coast to Coast' Challenge for 2020 - across England's South West Peninsular. 102km from Minehead in Somerset on the south bank of the Bristol Channel, down to seaside Dawlish in Devon.

£50 could provide a **Symptom Impact Tracker** for each of 20 children so they can record how they feel physically and mentally.

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# August

## Elvis Week

**8 – 16 August**

A week dedicated to the King of Rock and Roll! Get all shook up and hold an Elvis impersonation contest – curled lips essential. Or how about hosting a dinner of all his favourite food's while playing some of the King's top tunes?

## National Garage Sale Day

**10 August**

Wave goodbye to clothes you never wear and unwanted presents still in their box by putting on a jumble sale for children with inflammatory bowel disease this August. To help you gather lots of goodies to sell, ask people at work to donate their unwanted treasures.

## Prudential Ride London

**15 – 16 August**

The eighth edition of the world's greatest festival of cycling. Amateur cyclists participate in a 100-mile challenge on the same closed roads as the professionals, with the added incentive for you of raising money for children with IBD.

## South Coast Challenge

**29 – 30 August**

Take on some of England's finest scenery as a Walk, Jog, or a Run! An Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail with stunning views over the sea to a Brighton mid-point.

## Carnival!

**30 – 31 August**

No need to catch a train to Notting Hill when you can hold your own carnival. Get your entire street involved, or head to a park or even your own back garden. Embrace this cultural celebration and cook up a Caribbean storm in the kitchen. Charge a small fee for entry, music and face painting

## 5-a-side Football Tournament

**August**

Mark the new football season by getting friends or colleagues together. Hire a pitch or map out in a park. Charge each player a small fee to play and bring collection tins for spectators.

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# September

## World Video Game Day

**12 September**

Video games, crisps and fizzy drink. Host your own games night with your friends, family or colleagues. Get each participant to pay a small fee to participate and have a prize for the winner.

## Thames Path Challenge

**12 – 13 September**

Follow England's greatest river past Hampton Court to Runnymede of Magna Carta fame at 50km, then on past wonderful historic scenery all the way to Henley. There's also the 'Thames Bridges Trek' - a 25km walk through the heart of London, zig-zagging over 16 famous bridges and finally, the Henley 10K on Sunday for all the family.

## Great North Run

**13 September**

The largest half marathon in the world, in North East England, celebrates its 40th anniversary, which will make it an extra special occasion. Participants run between Newcastle upon Tyne and South Shields.

## London to Brighton bike ride

**13 September**

The original charity cycle challenge! Join thousands of cyclists on a 55-mile journey on two wheels from the heart of London to the buzzing Brighton seafront!

A perfect challenge for solo riders looking to get in some extra miles, beginner cyclists taking on their first big challenge or corporate groups looking for a team cycle!

## London to Paris bike ride

**16 – 20 September**

Join the iconic London to Paris Cycle, from London through beautiful villages and into stunning countryside of rural France before you reach Paris and end your challenge under the Eiffel Tower!

## Chiltern 50 Challenge

**26 September**

This end of season 50km looped route covers some of the best of the Chilterns countryside, along historic trails and over rolling hills.

£1000 could provide nearly 200 **Parent Packs** to hospital clinics to support families after diagnosis with vital information for children, parents and schools

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# October

## Go Sober for October

### Throughout October

Have you got the bottle to go sober in October? Get friends and family to sponsor you and don't forget to ask work colleagues as well. You might just have to ignore other suggestions on this page!

## Grandparents Day

### 4 October

Why not hold a special party celebrating the love and achievements of the older generation in your family. Ask everyone to donate to support a grandchild with IBD, and we can even put it towards our vital research projects – helping future generations of children.

## Cocktail Week

### Various dates in October

From Edinburgh to London, many places celebrate cocktails during October. Host a cocktail party with a small fee for all your cocktails on the night. For an added twist, introduce a James Bond theme or hold an auction for local prizes!

## Chocolate Week

### 15 – 21 October

Willy Wonka had the right idea! This is your chance to turn your home or office into a mini chocolate factory! Dress up as your favourite characters and get a chocolate fountain! Many options from cakes to milkshakes.

## Halloween

### 31 October

So many fun opportunities around Halloween, such as a fancy dress competition, apple bobbing, guess how many sweets in a jar? Oh and don't forget a scary movie showing with popcorn - blanket is a must!

## Quiz Night

### All year, any time

Whether PTA night, a sports club event, or down the pub, pitting team against team is one of the best ways to raise a decent amount of money. Do it monthly, or even make it a weekly fixture.

Have you ordered your **Christmas cards** yet? We offer a whole range, from classic cards to Classmates with enough for all your child's class. Order now at [www.cicra.org/shop](http://www.cicra.org/shop)

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# November

## World Vegan Day

**1 November**

As an alternative to the tried and tested bake sale, why not try one with Vegan brownies, which are awesome, give it a try and make good use of lots of other great vegan recipes online!

## Bonfire Night / Guy Fawkes

**5 November**

Dress the Guy competition – NOT just for kids. Guys Fawkes quiz. How much do you really know about the plot to blow up parliament and the man behind it? Have a Guy Fawkes fancy dress competition.

## Guinness World Record Day

**15 November**

There are some crazy world records out there, so why not try and create your own and get sponsored to do it for CICRA? For weird and wonderful records to beat, visit the Guinness Book of World Records website.

## Doctor Who Day

**23 November**

How about a Doctor Who Quiz night, or use it as a fundraiser at school? Charge £1 per player to enter. Have a Dr Who fancy dress mufti day and theme lessons, meals and activities around the classic BBC series.

## Thanksgiving

**26 November**

How much do you know about the USA? Hold a Thanksgiving quiz and ask for a donation to take part. Pie off! Bake your favourite all American pie, and use as a warm up fundraiser for Crohn's and Colitis Awareness Week.

## Christmas card sale

**Throughout November**

As well as ordering your own from CICRA, why not sell some directly to your family, friends and colleagues. Ideal for schools, offices, community events and lots more. Get in touch with us on [fundraising@cicra.org](mailto:fundraising@cicra.org) to see how you can raise awareness and funds at the same time!

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# December

## Crohn's & Colitis Awareness Week 1 – 7 December

Mince pies, gingerbread, Christmas cakes – this month really is a baker's paradise. Put your baking skills to the test and hold a cupcake sale in the office in return for a donation. Your colleagues can enjoy a sweet treat with their morning coffee. Hold a best decorated cupcake competition.

## decorate your desk December

Decorate your desk with bells and holly. £1 in the pot to enter. Then ask a panel of judges to give a prize to the best (or most outlandish) desk.

## secret Santa December

Instead of spending £5 or £10 on Secret Santa pressies, ask your colleagues to set the limit at £4 or £9 and have everyone donate that spare £1 to CICRA.

## Christmas Party December

Make a one-off donation from your Christmas party fund to support children with IBD.

## Mini Christmas Market December

Car park, canteen, meeting room or reception. No space is too small to hold your own work place mini Christmas market. Decorate your mini stalls and sell as many Christmas gifts as you can.

## Santa Run December

With over 4,000 Santas, this family-friendly festive fun run is set to bring a flash of red and Christmas cheer to Victoria Park, London, as Santas from up and down the country tackle the 5km and 10km courses. Our scenic route is pram and wheelchair friendly, and children over 8 years can join in the main event!

## Christmas Jumper Day December

Wear the most outlandish Christmas jumper you can find and get a panel to donate a prize to the worst or best (whichever way you look at it) jumper!

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