

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 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

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

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

Varies between January or February

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.

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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

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

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 Crohn's 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 **£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

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

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

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 clear out 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

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

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

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

£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

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

Celebrate the importance of family and 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 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

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

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 Brighton bike ride

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!

Lake District Challenge

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

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

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

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 dad's day out.

Cotswold Way Challenge

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

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

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

Every 4 years

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

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.

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

August

Elvis Week

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

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.

Ford Ride London

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

Take on some of England's finest scenery as a Walk, Jog, or a Run!

Carnival!

No need to catch a train to the 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

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.

London to Paris bike ride

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!

Thames Path Challenge

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.

Chiltern 50 Challenge

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

Great North Run

The largest half marathon in the world takes place in Northeast England. Held for over 40 years which makes it an extra special occasion. Participants run between Newcastle upon Tyne and South Shields.

£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

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

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!

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

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November

World Vegan Day

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!

Doctor Who Day

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.

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.

Thanksgiving

Fourth Thursday in 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.

Guinness World Record Day

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.

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 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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