

There are plenty of ways to raise vital funds to support IMPACT's Family Health project in Bangladesh. Here are just a few ideas to spark your imagination...

Inspiration is everywhere... popular television programmes provide novel fundraising ideas. How about a 'Come Dine with Me' style dinner party competition? Or a 'Strictly Come Dancing' evening? The possibilities are endless!

Tried and tested... some fundraising ideas never go out of fashion. Events like 'wine and wisdom'; coffee mornings; barn dances; bingo nights and bridge tournaments are sure crowd pleasers. And you can't beat cake sales; raffles, tombolas and jumble sales for drumming up interest in a cause.

Off the wall... fancy trying something different? Look no further than worm-charming or snail racing!

Loose change changes lives... it is surprising how quickly loose change can add up. Use our special stickers to transform old jam jars into collecting pots. We can also accept coins and notes in foreign currency, as well as those currently out of circulation.

Limber up... it's not for everyone but undertaking a physical challenge is a great way to raise money. Sponsored runs, boat rows, treks and bike rides are just some of the ways in which you can support IMPACT. If you don't fancy going it alone, how about challenging your neighbouring Inner Wheel Club to a team event, such as bowling or croquet?

Make your own... homemade cards and gifts (as well as homegrown produce) have never been so popular. Try selling some of your wares in aid of IMPACT.

On the web... you might like to consider setting up your own special fundraising page at 'Virgin Money Giving'. This website has been set up especially to help you collect sponsorship money and garner support for your event - [www.virginmoneygiving.com](http://www.virginmoneygiving.com).

Help is at hand... please do not hesitate to contact Sarah or Pascale in our office (Tel:01444 457080 / [impact@impact.org.uk](mailto:impact@impact.org.uk)). We would love to talk through your ideas with you.

Here are some of our supporters in action!



*Cook up a storm*



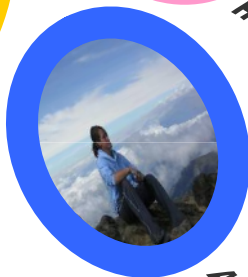
*Hold a fundraising event*



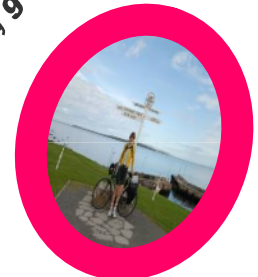
*Involve the whole family*



*Ready, steady, go!*



*A sponsored walk*



*Get on your bike!*

