



Stay at Home Hero Ideas?

- **Take on the 26.2 Lockdown Challenge** – Run or virtual marathon of 26.2 miles over a few days, cycle or run for 26.2 minutes, bake 26 cupcakes, do a 26.2 minute workout, do 26 star jumps or anything else creative. More info [here](#)
- **Dare To Share** - Who will pay to see you shave off your eyebrows, die your hair **RED**, eat a raw egg or model a mankini? Set a fundraising target and when it is reached **share your dare** on facebook and your fundraising page.
- **Go with Joe!** – Take on the Joe Wicks warm up every morning.
- **Sport Gaming Challenges** - Take on your family and friends for online gaming or Wii Challenge, it could be driving, tennis, football, even yoga!
- **Grow a lockdown beard** – Go the whole period without picking up a razor – go for the Dumbledore look!
- **Exercise Bike UK Challenge** – Could you virtually cycle the length of the UK from John O’Groats to Lands End? 11.5 miles a day for 75 days will cover it!
- **Garden Sport Challenges** - Get Active in your garden with sponsored fitness challenges. number of press ups, keepy uppies, crate your own obstacle course challenges.
- **Fit Bit Challenges** – How about 10,000 steps a day – that’s about 5 miles.
- **Games Galore!** Whether you are into board games or computer games, you can raise money by setting up a competition in your own living room.
- **Without Cooking or Baking Challenges** - With all the supply chain issues some foods have been hard to come by. Can you make a cake without eggs. Can you bake biscuits without flour? Why not test your creativity for White Lodge?



- **No Presents Please** - If you're celebrating a special occasion ask your family, friends and colleagues to stay at home and give a donation to White Lodge instead of a gift.
- **Wheeler Dealer** - Take this opportunity to use your spare time to clear out your garages, empty your attics and liberate your box rooms of all your unwanted stuff. Sell it on ebay and send the proceeds to White Lodge – we have a page ready for you!
- **What the **BLEEP**!** - With isolation, boredom and tension rising, it's the perfect time to have a family swear box.

WHATEVER YOUR CHALLENGE MAKE YOUR YOU SHARE IT VIA A JUSTGIVING FUNDRAISING PAGE PLEASE MAKE SURE YOU SET IT UP VIA THIS [LINK](#) WHICH TAILORMADE FOR YOU.

DON'T FORGET TO TAG US INTO YOUR POSTS AS WELL

Facebook - @WhiteLodgeCentre

Twitter - @White_Lodge

Instagram - @whitelodgecentre

Linked In - @white-lodge-centre

AND HASHTAG TOO

#SAHHero #enablingabilty #whitelodgecentre #passiton

For more information please contact: fundraising@whitelodgecentre.co.uk



Good Luck!

**enabling
ability**