stem4
stemming teenage mental illness
supporting teenage mental health

YOUR CHALLENGE

Name:.....

£ Target:.....

JANUARY	FEBRUARY	MARCH
Training and fundraising goals:	**Training and fundraising goals:**	**Training and fundraising goals:**
Top fundraising tip:	**Top fundraising tip:**	**Top fundraising tip:**
GO WITHOUT	**QUIZ NIGHT**	**SPRING CLEAN**
Are you a caffeine addict or a chocoholic? Could you give up for a week or longer to raise funds?	Get some friends together and brainstorm over a great night out.	Source some unwanted clutter and sell your items on eBay.
How much raised?.....	**How much raised?**.....	**How much raised?**.....
APRIL	**MAY**	**JUNE**
Training and fundraising goals:	**Training and fundraising goals:**	**Training and fundraising goals:**
Top fundraising tip:	**Top fundraising tip:**	**Top fundraising tip:**
DO A PARK RUN	**SHAKING A BUCKET**	**BAKE SALE**
Get sponsorship for a local park run. Use the **stem4** logo on Virgin Money Giving.	Speak to **stem4** fundraising to obtain a bucket/tin, email fundraising@stem4.org.uk.	Sell homemade treats or get competitive and organise a bake-off.
How much raised?.....	**How much raised?**.....	**How much raised?**.....

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JULY	AUGUST	SEPTEMBER
Training and fundraising goals:	**Training and fundraising goals:**	**Training and fundraising goals:**
Top fundraising tip:	**Top fundraising tip:**	**Top fundraising tip:**
SUMMER SIZZLER	**AUCTION OF PROMISES**	**GOLF DAY**
Get the barbeque out, invite family and friends, and ask for a donation.	Get friends to make a promise such as baking a cake, babysitting or mowing the lawn, and ask people to bid.	Get people together for a round of golf. Charge a fee to enter, or get sponsored per hole. Ask your local golf club to support the event.
How much raised?.....	**How much raised?.....**	**How much raised?.....**

OCTOBER	NOVEMBER	DECEMBER
Training and fundraising goals:	**Training and fundraising goals:**	**Training and fundraising goals:**
Top fundraising tip:	**Top fundraising tip:**	**Top fundraising tip:**
AUTUMN RACE NIGHT	**BONFIRE NIGHT**	**COFFEE MORNING**
Organise a race night. Ask friends to sponsor a horse or a race.	Sell tasty hot food, ask friends for a fireworks fee and light up the sky for **stem4**.	Get your best friends over for homemade cake and coffee for a very good cause.
How much raised?.....	**How much raised?.....**	**How much raised?.....**