

The BIG 30



Pick a challenge
related to the
number 30

Raise vital funds to
help people in need

October 23rd – November 1st

It costs us **£197k** to help the people who need us for 30 days, and we've been doing this for 30 years. Support us to keep going!



You will be supporting
people who need help with:
mental health, loneliness, finding work,
escaping domestic abuse,
the elderly to stay
warm in their homes,
and children to have
access to brighter futures,
away from exploitation.



virginmoneygiving.com/fund/30

Challenge Ideas

Get friends, colleagues and the whole family involved!

- Think of a challenge
- Have loads of fun with family, friends & colleagues
- Get sponsored
- Help us to support people in need!

Relay

Can your relay team hit 30 miles? Get a wipe-able baton and run between each other's houses. Get the kids involved too!

Eating Competition:

The first person to fit 30 marshmallows in their mouth!

Team Challenge: 30 letters to The elderly.

Get in touch with local nursing homes.

Bake 30!

Could you get 30 people to each bake something worthy of sponsorship from friends and family in your virtual bake off?

Team Challenge: 30 head shaves

30 acts of kindness

Run or walk more than a marathon: 30 miles!

#SFBig30

Share your challenge ideas & progress using the hashtag!

Set up your fundraising page:
virginmoneygiving.com/fund/30



Fundraising Guide



Help a family to escape domestic abuse.

£316

Aid an elderly or vulnerable person to keep safe and warm this winter.

£80

Give a tablet & digital skills training allowing an isolated person to connect with others.

£100

Support a primary school child to build resilience and prevent poor mental health.

£94

Provide an unemployed person with training, protective clothing and a job in construction.

£300

Benefit a disadvantaged young person with a mock interview to help them find work.

£10

Assist a young person to escape exploitation, gangs or serious violence and build a better future.

£1400

The
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Provide a lonely person with a buddy.

£36

Supply a family with their christmas dinner.



£30

www.virginmoneygiving.com/fund/30