



50 for 50 Fundraising Challenge

Your fundraising
helps us create
united communities

*You're
amazing!
Let's go*



Tyler's story

Since 1973 we've been developing services to help people like Tyler achieve their ambitions. Every donation, no matter how large or small, will help us to keep doing that for another 50 years.



"It's really been life changing for me – it's changed the entire way I live. I have a routine now, I do a lot more healthy things. I'd like to tell people – contact United Response because they have done everything possible to help me arrive at my first and dream job. They are really good at working with neurodivergent people and people with challenging needs. They have just been stellar."
– Tyler

**Together, we can
change lives...**

Hello, Thank you for your interest in taking on our **50 for 50 Challenge**.

Good support changes lives, which is what we've been doing since 1973.

United Response was founded with just one service and the simple aim of enabling people to thrive in the community they call home. Now we have over 300 services and support people from Darlington to Devon and Nottingham to Cwmbran.

Our 50 for 50 Challenge is an opportunity for you to join us in celebrating our 50th anniversary, raising vital funds to change lives for the next 50 years.

Inside this pack you'll find 50 different challenges to cater for everyone's different strengths, passions and personal challenges. From team-building and social media to fitness challenges and home-based activities. There's something for everyone.

**Ready to take on
the challenge?
Let's go!**



Feeling active?
Why not...

Run, walk or roll 50 miles
in one month

Do 50 crunches
for 50 days

Try 50 squats for 50 days

Take 50 cold showers
for 50 days

Do 50 burpees for 50 days

Or...

- Cycle **50** miles in one day
- Do **50** days of **active commuting**
- Spend **50** days doing **yoga**
- Complete a **Triathlon**
- Enter **Tough Mudder** for United Response



Want to fundraise
with your family
or friends? **Why not...**

Bake 50 cakes to
raise money

Do 50 hours of
gaming for good

Sing 50 karaoke
songs

Take part in a kitchen
disco dance-a-thon

Do 50 car washes in a month

Or...

- Do **50 hours** of **litter** picking in a month
- Try **50 hours** of **silence**
- Do **50 miles** of **dog walking** in a month
- **Sell 50** raffle **tickets**
- Donate and post a **50 for 50** selfie

Feel like trying
something new?

Why not....

Learn 50 words in
another language

Spend 50 days
learning BSL
or Makaton

Or...

- Spend 50 hours with no technology in a month
- Go 50 days of no make-up
- Do 50 days no alcohol
- Try 50 days of no caffeine
- Shave your head

Commit to 50 days
no smoking or vaping

Go Vegan for 50 days

Go 50 days without shaving



Want to get your work colleagues involved?
Why not...

Run a tuck shop
for 50 days

Run a raffle to win
a day off work

Do 50 days of
fancy dress

Run a Zoom
trivia night

Name the bear
competition

Or...

- Ask a colleague to **donate an hour of work**
- Challenge yourself to **50 arm wrestles**
- Have a **swear or sorry jar** for 50 days
- Ask your boss for **50 for 50 match giving**
- **50 funny staff photos** contest

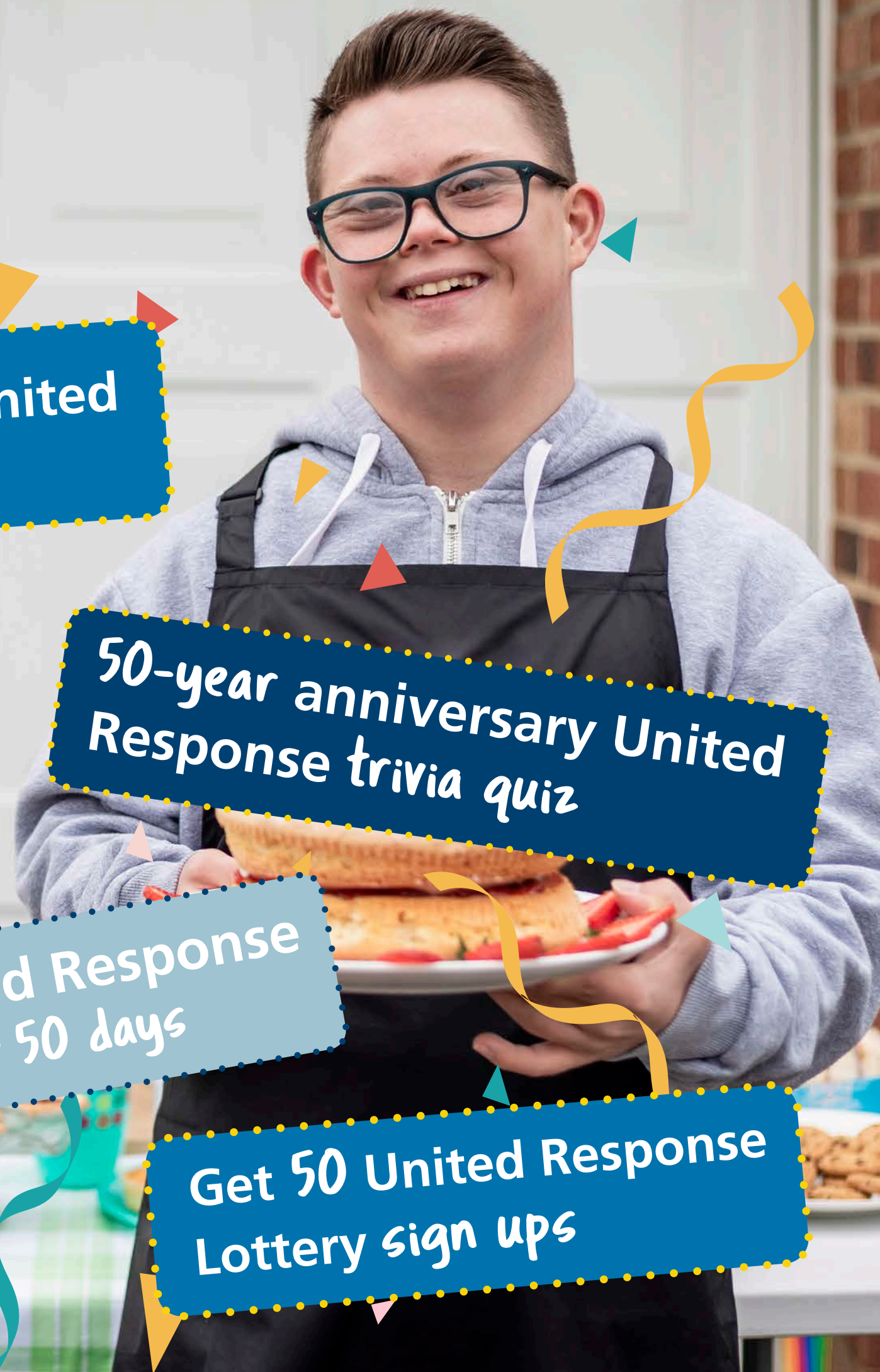
Fancy something
United Response
themed?

Why not try



Dying your hair United
Response blue

United Response themed
scavenger hunt



50-year anniversary United
Response trivia quiz

Wear United Response
colours for 50 days

Get 50 United Response
Lottery sign ups

Or...

- See how many **towns** or **cities** you can visit that have **United Response** services in **50 days**.
- **Collect 50** united community **pledges**
- **Host** a United Response **50th birthday party**
- Bake United Response cupcakes
- Fundraise for **50 trees** to be planted at our farms

50 For 50 Hashtag Chain

Join in our 50-for-50 hashtag chain and help spread the word.

Simply donate £5 on our website and post a picture or story on social media with the hashtag **#UnitedResponse50FOR50**, encouraging your friends to take part.

Tag us in too, we would love to say thank you!



5 steps to a successful fundraiser

1. Choose your activity

Whether you are taking the challenge alone or in a group, make sure you pick an activity that's right for you.

2. Set your goal

No matter how big or small, every donation helps make a massive difference to our work.

3. Set up your fundraiser

Using a digital platform like Just Giving or Go Fund Me is a safe and secure way to fundraise for United Response.

4. Spread the word

Tell your family and friends about your challenge. And let us know by tagging us on social media so we can champion your fundraising.

5. Fundraise

Do your amazing thing! Don't forget to take lots of pictures of your challenge.



Keep it legal, keep it safe



We have developed guidelines to help make sure our fundraising is safe, legal and everyone has an amazing time.

Money safety

If you are collecting cash donations, keep them locked and safely hidden in a safe-box. Make sure you don't carry large amounts of cash if you are travelling far and always try to have someone with you.

Holding a raffle or lottery

There are certain legalities that are involved in holding a raffle or a lottery. If you are thinking of including either at your event, please get in touch with us on **fundraising@unitedresponse.org.uk** or visit **www.gamblingcommission.gov.uk** for more information.





Food preparation

Everyone loves a bake sale but please remember it is a legal responsibility of anyone selling or processing food to do so safely and hygienically. Make sure to label allergens. Use gloves when cooking and handling food. And no animals or children allowed in the kitchen. Please have food cooked, prepared and stored correctly.

First Aid

Do you need a certified first aider or do you only need a first aid box? It is always better to be safe than sorry and you should bring sufficient amounts of first aid materials depending on the size and nature of your event.

Ethical fundraising

Finally, we ensure we conduct our fundraising in line with the Code of Fundraising Practice. More information may be found here:

<https://www.fundraisingregulator.org.uk/code>



Visit:

www.unitedresponse.org.uk/50-years-of-united-response

Write to:

United Response
Knollys House
17 Addiscombe Road
Croydon
CR0 6SR

Registered charity no. 265249

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