

# SUPERHERO CHALLENGE

Take on a virtual challenge and aim to raise £75 to help safeguard the future of our services.

We've got loads of ideas below on how you can be a superhero, but feel free to think up your own Superhero Challenge! You can do whatever you like and it doesn't have to be sporty - as long as you are following Government guidelines and social distancing.



## 30 days of yoga

Commit to doing yoga everyday throughout June and ask friends and family to sponsor you.



## Sponsored shave

Brave the shave and shave your head or beard, asking friends and family to sponsor you.



## Virtual quiz night

Host an online quiz for friends and family and ask them to pay a small entry fee to take part.

## Gameathon

Have a marathon gaming session, either on your own or virtually with friends. You can even link your Twitch stream to your JustGiving page!



## Sponsored silence

Choose a day in June and commit to not speaking for the whole day! Ask your friends and family to sponsor you.



## Run everyday

Set yourself a goal of how many miles you're going to run each day, or over the course of the month, and get sponsored.



## Penalty shoot-out

Set up some goal posts in your garden or in a local park and ask friends and family to sponsor you for each goal you score.

## Stair climb

Climb the stairs 100 times in one day, or everyday for the month! Ask friends and family to sponsor you for each flight you climb.



## Bike ride

If you have a bike you could pledge to ride it everyday throughout June, or aim for 100 miles throughout the month.



## Sing your heart out

Hold a virtual karaoke night over a video call and ask people for a small donation to take part. You could do it in fancy dress!



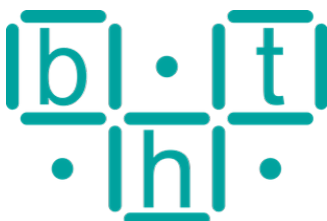
## Bake-athon

You could make a different bake each week or challenge yourself to make a set number of cakes in one day!



## Teach a skill

If you have a skill you could share, why not hold an online class and charge people a small fee for taking part?



Now you've chosen your Superhero Challenge, all you need to do is set-up your JustGiving page and tell all your friends and family!

Whatever you decide to do, you're our Superhero!