

**Bring  
It On**

**2021**

**#Team  
Seashell**



**21 ideas to get you going!**

# Bring It On 2021

As for most people, 2020 was a challenging year for everyone at Seashell so we are truly embracing 2021 and asking everyone to consider doing something for us this year, no matter how big or small. It might be a physical challenge as a fresh start or something to really involve your local community whether that be local, business or just your own tribe! We've put together some ideas below to truly celebrate 2021 but we know you'll have lots too. Please do get in touch if you'd like to discuss any ideas or need any support or advice in organizing.

## 21 fundraising ideas

- 1 Why not start the brand new year by setting a target of running 2021 km in a month, 21km a week or even aiming for 2.1km by the end of a day
- 2 Complete 21 five km runs. We can help you find an organised one or you could set your own routes
- 3 Apprentice Challenge – we will give you £21 seed funding for you to start a business initiative 'apprentice style' to see how much you can make for Seashell. Choose an idea that has been on the TV show, come up with your own or give us a call for ideas
- 4 Set up a regular gift to Seashell on the 21st of every month or do through your employer's payroll giving scheme
- 5 As a family, work team or group of friends aim to collectively achieve 210,000 steps in a month
- 6 Ask for birthday donations of £2.10 or £21 in lieu of gifts or set up a Facebook fundraiser for your birthday and ask 21 people to donate
- 7 Nominate 21 people to follow Seashell on social media or set yourself or the company you work for a challenge to post about Seashell 21 times in 2021
- 8 Set a cycling challenge for the family, friends, your cycle group or colleagues. In relay aim to cycle the equivalent of Sydney and back (21,000 miles) or London (210 miles). Or on average it takes 21 hours to drive from Manchester to Madrid so why not set up a static bike and in relay see how far you get in 21 hours?
- 9 Have a clear out and sell your items on Ebay or Facebook Marketplace and donate the money
- 10 Perform Yoga for 2.1 hours on the 21st of every month for the whole year
- 11 Why not truly put yourself in the shoes of our children and young people and set some challenges around disability awareness. A sponsored silence on World Voice Day (16th April), a signing concert on World Hearing Day (3rd March) or various challenges through a week – get dressed with one arm behind your back, select food or drink on smell alone or navigate across a room blindfolded
- 12 Complete the equivalent of an overseas trek in this country. Try climbing the equivalent of the elevation of Kilimanjaro on your local hill across a number of days or do the steps of the Great Wall of China in your place of work
- 13 In a group or team come up with a £2,021 challenge by doing various fundraisers throughout 2021
- 14 Have a dress down day at work or school on the 21st of every month for Seashell
- 15 Set a challenge to learn 21 words or phrases in sign language. Make in to a competition to enter or get people to sponsor you to sign them all in a certain amount of time
- 16 At school or work get in to teams of 21 and challenge each person to raise £21 through a challenge of their choice
- 17 There are 21 dots on a 6-sided dice. Ask 21 friends or colleagues to each roll a dice and donate the number that comes up. January 29th is National Puzzle Day so why not do it then
- 18 Plan a 21 mile walk in a day. We have a list of beautiful local ones – just contact us for a copy. Or choose 21km/miles of the Pennine Way, Coast to Coast, Hadrian's Wall or any favourite place. We can help you plan
- 19 Recruit 21 people to take part in a FIFA tournament for Seashell
- 20 Give up chocolate/your favourite coffee/alcohol for 21 days and donate the money you have saved. Or get people to sponsor you
- 21 12 Feb 2021 is a palindromic date. Do something special that day for Seashell at school, home or work. (It is also Chinese New Year too if you are looking for a theme!)





**Bring  
It On** 2021

**Whatever target you have set or fundraising you are doing, your efforts and sponsorship will enable our children and young people to live more independent and fulfilling lives.**

## **How your money helps**

£2.10 could buy some art materials to help relieve anxiety for a child in isolation.

£21 could provide equipment to improve our students' communication, their daily physiotherapy, occupational therapy and music therapy.

£210 could provide garden furniture and activities to enable the children and young people in our care to access the outdoors whilst in isolation and truly make a difference to their mental health.

£2,010 could provide an ipod and specialist apps to enable ten of our young people to communicate with family whilst living at Seashell.

If 50 people each donated £2.10, we could continue to provide support for families with babies and toddlers with very complex needs through our Stay and Play.

If 15 people donated £21 we could open up our CADS inclusive sports activities programme to more children from the local community.

If 8 people each donated £210, we could put on 3 workshops for families with children and young people who have complex conditions and are desperate for guidance and support.

# **Seashell**

**seashelltrust.org.uk**

Stanley Road, Cheadle Hulme, Cheshire, SK8 6RQ.

Seashell Trust registered charity number: 1092655. Royal Patron, HM The Queen

