



2023

#Team #Seashell



23 ideas to get you going!



As 2023 marks our **bicentenary year** we are asking everyone to consider supporting our Challenge 200 initiative to raise vital funds to support the children and young adults at Seashell. Ways to get involved might include a physical challenge, teambuilder or networking activity

No matter how big or small we'd love you to be one of Seashell's Superheroes! Fundraising can take many forms, so we have put together some ideas to help get you started. For our bicentenary year, we're using the numbers **200**, **2023** or **1823** but we know you'll have your own ideas so feel free to get as creative as you like!

Please do get in touch if you decide to do anything or want to discuss your ideas, we are here to help! You can find Seashell on [JustGiving.com](https://www.justgiving.com/seashell) to help support any of your fundraising.

1

Why not start this brand new year by setting a target of running 2023km in a month, 23km in a week or even aiming for 2.3km each day

2

Complete 23 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 £23 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 23rd of every month or go through your employer's payroll giving scheme

5

As a family, work team or group of friends aim to collectively achieve 230,000 steps in a month

6

Ask for birthday donations of £2.30 or £23 in lieu of gifts or set up a Facebook fundraiser for your birthday and ask 23 people to donate

7

Nominate 23 people to follow Seashell on social media or set yourself or the company you work for a challenge to post about Seashell 23 times in 2023

8

Set a cycling challenge for your family, friends, cycling group or colleagues. In a relay aim to cycle the equivalent of the stages of the Tour de France, or map out a location that is 2,023 miles away. If you have a static bike, see how far you can get in 23 hours!

9

Have a clear out and sell your items on Ebay, Vinted or Facebook Marketplace and donate the money

10

Perform Yoga for 2.3 hours on the 23rd 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), 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 Kilimanjaro on your local hill (or use your stairs) across a number of days or do the steps of the Great Wall of China in your place of work. Interesting fact – the work began on the wall in 200BC

13

In a group or team set a target of raising £2023 doing various fundraising activities

14

Have a dress down day at work or school on the 23rd of every month for Seashell

15

Set a challenge to learn 23 words or phrases in sign language. Make it 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 and challenge each person to raise £23 through a challenge of their choice

17

What could you achieve in 23 or 200 hours? Walking, cycling, swimming – complete a sponsored challenge over a day, a week, a month or the year.

18

Plan a sponsored 23 mile walk in a day, you could use this as a team building or networking event!

19

Are you a baker? Perhaps you could bake 200 cupcakes and sell them for £1 each?

20

Recruit 200 friends, family or colleagues to sign up to the Seashell lottery

21

Give up chocolate/your favourite coffee/alcohol for 23 days and donate the money you have saved. Or get people to sponsor you

22

Set up a regular gift to donate £20 over 10 months – you will have donated £200 at the end!

23

Recruit 23 friends or family to sign up to Easy Fundraising and choose Seashell as your chosen charity



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

How your fundraising helps

£20.23

could buy some art materials to support our student's creative education



£200

could provide 1:1 support for children to experience one of our inclusive activity camps



£1823

could provide essential communication devices to give our children and young adults a voice



£2083

could provide equipment to improve daily physiotherapy and occupational therapy needs



- If 23 people donated or raised £200 we could host our vital workshops for families who are in desperate need of guidance and support
- If 2023 people donated or raised £20.23 we could provide fundamental equipment to support our children and young adults challenging needs
- If 200 people donated or raised £200 we could provide some of the best life experiences for our children and young adults through activities, day trips and health and wellbeing activities

Seashell    
seashelltrust.org.uk

fundraising@seashelltrust.org.uk / 0161 610 0100

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

Seashell Trust registered charity number: 1092655.

