



**Premier
Foundation**
Actively changing lives

10K

Challenge!

We need YOUR support!

Inspiring you to
use the power of
physical activity to
actively change lives



Franchisees...

We need your support to help raise money for the premier foundation – take part in our fundraising competition to not only raise money for a great cause but to WIN a fully funded course in a school of your choice on behalf of our Premier Foundation.

**Come and cheer us on from
9.30am in Norwich city centre
on the 6th August!**

premierfoundation.org.uk



What are we doing?

11 local supporters of the Premier Foundation will be taking part in the Norwich 10K Run on the 6th of August 2017, to raise money for children and young people in Norfolk.

Over the weeks we have been following the progress of our dedicated volunteers and their training programme. With each person varying in fitness, it is a huge test of wills, demonstrating varied journeys to try to actively change and achieve goals. If we can do it, anyone can!



What's in it for you?

Although we are a charity, we don't expect something for nothing. As a token of our appreciation we will award the first highest raising franchisee with a fully funded course in a school of their choice.



Why are we doing it?

Premier Foundation work with disadvantaged young people by providing them with opportunities which they may not have previously had exposure to in order to change the pre-determined path that may have been set out for them.

Through our courses we use power of physical activity and performing arts as a vehicle not only to make a real difference to the health and wellbeing of the nation but to actively change lives of young people, building skills and personal development uplifting them to aspire to more.

Our 10k challenge is to raise more money to fund these activities and target more schools and children in need of our help!

How can you help?

We ask for as little or as much input as possible from your schools and holiday course attendees over the next 3 weeks.

All we need you to do is choose one or more activities from the list of fundraising suggestions overleaf and raise as much money for the charity as you possibly can!

We need your support!

HOW TO ENTER:

- Have a fun filled few weeks of fundraising
- Visit the 10k fundraising page [HERE](#)
- Submit your donations
- Please include your name with Reference **10KCOMP**
- All entries must be received no later than 11:59pm on **Friday 4th August 2017** NO PURCHASE NECESSARY TO ENTER OR WIN
- Come and cheer us along on Sunday the 6th of August 2017
- We will announce the winner on Monday 7th August 2017

We only have 3 weeks – let the activities commence!!

Aerobics

Organise a sponsored aerobathon with the help of gyms, leisure centres and sports shops.

Afternoon Tea

Put the kettle on and get baking. Entertain guests with raffles, auctions, tombolas & live music.

Arts/Crafts Stall

Make necklaces, dried flower arrangements, stained glass mirrors, etc, to sell on a stall.

'As New' Sale

AKA posh jumble sale. Ask everyone you know for unwanted belongings & hold a sale evening.

Auction of Services

Auction services of people and businesses - anything from singing lessons to dinner for two.

Bad Tie Day

Charge your colleagues a pound to come in wearing their loudest tie. Award the winner.

Barbecue

Add stereo, football and rounders bats and make it a whole day's event.

Battle of the Bands

Contest for unsigned bands, where audience votes on the winner. Charge bands to enter, offer cash prizes and invite record producers. Sell tickets and set up a paying bar.

Beat the Goalie

Score a goal and win a prize. Footballers pay to enter.

Boat Race

Teams build model boats and race them. Alternatively, use real yachts, dinghies or canoes.

Bouncy Castle

A great way to keep kids entertained at bigger family events. Bouncing fee.

Bungee Jump

Raise sponsorship by flying in the face of fear.

Bonny Baby Contest

Charge proud parents to show off their offspring in the town centre. Invite the local press.

Cake Stall

Hold a traditional cake stand at fetes or fairs. Check health and safety regulations.

Car Treasure Hunt

Drive from clue to clue in search of the 'treasure'. Teams pay to enter

Carnival

Arrange a colourful carnival for your town, charging for each float entered.

Charity Push

Get sponsored to cover a set distance in a bed, shopping trolley, bathtub, wheelie bin...

Coconut Shy

Easily arranged game for traditional fairs. All you need are a few coconuts and wooden balls.

Coffee Morning

It's open house for the morning. Make extra with raffles, bring and buy sales and cake stalls.

Cricket Match

Assemble a team and challenge your county team to a match. Charge spectators.

Dance

Barn dances, tea dances, disco dances, salsa dances - whatever rocks your boat.

Dinner and Cabaret

Hire a popular and spacious restaurant. Entertain ticket holders with music, comedy & magic.

Disco

Spin the decks or hire a DJ to stage a themed disco night.

Duck Race

Sell numbered plastic ducks and launch them from a bridge. The duck to finish first wins.

Easter Egg Hunt

Edible hide and seek, Charge an entry fee and ask confectioners to provide the eggs.

Eyebrows

Get Sponsored to shave them off!!

Face Painting

Get creative and charge a small fee for face painting at fetes, children's parties and fairs.

Fancy Dress

Jazz up your event with a fancy dress contest. Charge an entrance fee.

Football Tournament

Schedule fixtures and charge teams to enter. Ask local businesses for prizes.

Fun Day

Arrange games, music and competitions and stalls at a nearby hall or sports club.

Game Show

Host a mock version of 'who wants to be a millionaire' or 'the weakest link' otherwise adapt board games for large audiences and get prizes donated.

Garage Sale

Sell off your unwanted belongings.

Guess the...?

Competitors guess how many sweets in the jar, a cakes weight etc. The closest answer wins.

Halloween Party

Another excuse to dress up and party. Charge entrance fees and raise money trick or treating

Head Shave

Sick of bad hair days? Go bald for charity.

Ironing

Offer our your ironing services at a cost.

Jailbreak

Dump teams in the middle of now-where with no money or transport, see who gets back first. Charge entrance fees and other prizes.

Junk Mail

Collection junk mail and old newspapers and sell it to a recycling company.

Karaoke

Arrange your own pop idol contest and charge an entrance fee. All you need is a machine, a room and a well stocked bar.

Left Handed Day

Get sponsored for trying to do everything with your left hand for a day.

Marathon

Get sponsored to run a traditional 26 mile race

Mile of Pennies

Make a mile of pennies in your town centre. Ask shoppers to help by donating their coins.

Mini Olympics

Invite everybody you know to compete in a traditional and silly sports day. Charge entry.

New Year Resolutions

Get sponsored to stick to your new years resolutions.

Paintballing

Organise paintballing challenges at locally run centres. Players play to enter.

Parachute Jump

Daredevils only. Get sponsored to make the jump.

Playstation Play Off

Organise a league of players and compete on a certain game. Charge entrants.

Pub Games Night

Stage a championship of traditional pub games - darts, skittles or something more innovative. Charge to enter a team.

Quizzes

If your local doesn't run a pub quiz, set one up and text the regulars on pop, trivia or sport. Charge an entrance fee.

Recipe Book

Publish and sell favorite recipes from restaurants and chefs.

Safari Supper

Travel to restaurant to restaurant, having a different course at each stop. Ask restaurants to support your effort, but set a cover charge to include all food and your cut.

Scavenger Hunt

A variation on Treasure Hunt where participants have a list of items to collect.

Shoe Shine

Get down on your knees at your nearest train station or shopping centre.

Sky Diving

Free fall your way back down to earth - for sponsorship.

Sponge Throwing

Players pay to chuck sopping wet sponges at whoever in the docks.

Swap Shop

Put unwanted items in touch with loving homes. Charge swappers to take part

Swear Box

Spend a £1 for every \$@£%! uttered. Put a box at home, at work and in the pub

Swimathon

Get sponsored per length, mile, hour...

Talent Competition

Discover the next big act with your own talent show. Charge entry and offer prizes.

Toy Sale

In the run up to Christmas, toy sales can be a big fundraiser.

Treasure Hunt

Sniffing out the clues, teams compete against each other to discover the hidden treasure.

Unwanted Presents

Arrange a post Christmas sale of unwanted gifts. Ask traders to donate a cut of their takings.

Walks

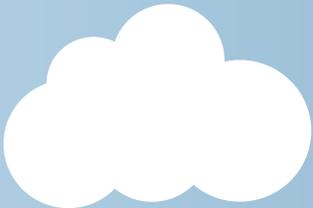
Lead organised walks to historical spots and places of interest. Ghost walks are also popular.

Waxing

A hair raising experience for the boys - get sponsored to wax your legs or chest.

Windscreen Wash

Charge to wash windscreens at service and petrol stations. Ask permission first.



For more information about
Premier Foundation and their
inspiring cause visit:
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