

# 55 for 55

In May 2022 Kidney Wales turns 55! Help us celebrate 55 years of Kidney Wales with our kidney community by raising £55

#55for55

## 20 creative ways to fundraise your £55 for 55years!

1. Collect donations from friends and family totalling £55
2. Organise your own tea party / coffee morning virtually or in person
3. Take on a sponsored challenge, anything from a marathon to a head shave.
4. Celebrating a special occasion? Collect donations instead of gifts
5. Organise a sweepstake with friends and family
6. Make a donation of £55
7. Make and sell 55 craft cards
8. Run or walk 55 kilometres
9. Bake 55 cupcakes for a cake sale
10. Organise a Come Dine with Me Evening with friends and family
11. Do a 55hour sponsored silence
12. Can you listen to a song you don't like 55 times throughout May?
13. Tell 55 people why kidneys matter
14. Save £1.80 per day for the month of May
15. Swim 55 lengths of your local pool
16. Do 55 keepy uppys
17. Organise a dress down day with your colleagues
18. Host a 55 question family quiz night
19. Set up a Just Giving page or use <https://www.justgiving.com/campaign/KW55BIRTHDAY>
20. Climb 55 flights of stairs

This list is to give you an idea of how versatile your fundraising can be. You can work alone, as a group or as a family.

For more information, contact the team on [team@kidneywales.cymru](mailto:team@kidneywales.cymru) or call on 029 2034 3940

To be part of our campaign and be among the 55 faces for 55yrs please get in touch email [danielle@kidneywales.cymru](mailto:danielle@kidneywales.cymru)

