

21 WAYS TO FUNDRAISE FOR FBC!

DID YOU KNOW? Over 21,000 people are diagnosed with bladder cancer each year in the UK. To raise awareness of this, our challenge for you is to complete a fundraiser involving the number 21!

Here are 21 ideas from the FBC team for inspiration:

Are you a runner?

- Go running for 21 minutes a day
- Run 21 miles a week in May [that's 3 miles a day!]
- 21 runs in 21 days
- 21km is a ½ marathon – why not challenge yourself?

Are you a keen walker?

- Go on a 21 minute walk every day in May
- Walk 21km each week
- Organise a 21k step Wee Walk
- Walk a mile a day for 21 days

Want to fundraise as a family?

- Walk 21 laps of your garden every day in May
- Get your kids involved! Could they do 21 chores a week? 21 seconds of keepy-uppies a day for the month?

- Go cycling for 21 minutes each week

Are you creative?

- Bake 21 new recipes
- Read 21 books in May or 21 pages a day
- Crochet 21 squares towards a blanket
- Make 21 craft projects

Are you a patient?

- 21 minutes of meditation or yoga each day
- Write 21 lines about your diagnosis journey for our blog
- Share 21 updates on our forum in May

