





Get Set, GONILDA

1

Choose your challenge

We've provided some ideas to inspire you but don't limit yourself, choose something that works for you

2

Get pledges

Go to https://www.justgiving.com/campaign/40kfor40years/ to set up your peronalised Justgiving page, tell people why wildlife matters and get sharing! Alternatively print our pledge form and ask friends and family to support you

3

Complete your challenge

Print the chart so you can record your progress every day. Share your updates on social media with a link to your donation page

4

Pay in your donations

If you're not using JustGiving, please pay in your donations as soon as possible, using one of the methods on p9, so we can put the money to work for local wildlife straight away!

Don't
forget to tag the
Trust in all your
social media so we
can support you
too!
@WTBBC
/WTBBC

Give it up!

We all have things we find it hard to do without, can you abstain for 40 days and donate the money you save to the Trust?

Takeaways

Can you cope without takeaway for 40 days? If you spend £10 a week on takeaway food - thats around £55 over 40 days - which could provide a hedgehog home for one of the 30% of surviving hedgehogs

Swearing!

Can you have a swear jar on your desk or in your staff room for 40 days? Depending on how wild your language you could make a real difference to wildlife by adding 50p everytime you slip up

Coffee

Will you swop coffee for water for 40 days? Donate the savings or get sponsored by colleagues Good for you, most excellent for wildlife.

Chocolate

The traditional lent abstention, this year why not donate the money you save!

Alcohol

Forget Dry January and Sober October, this year go dry for 40 Days and watch your donations add up

Online shopping

Fill your basket - then instead of buying donate the total straight to the Trust!

SUGAR SINGLE-USE PLASTIC SWEETS SMOKING BREAD CHIPS CAFFEINE BISCUITS **SWEETS SWEETS SWEETS SWEETS SWEETS SWEETS SWEETS SMOKING BREAD CHIPS CAFFEINE BISCUITS SWEETS SWEETS SWEETS SMOKING BREAD CHIPS CAFFEINE BISCUITS SWEETS SWEETS SWEETS SMOKING BREAD CHIPS CAFFEINE BISCUITS SWEETS SWEETS SWEETS SMOKING BREAD CHIPS SMOKING BREAD CHIPS SWEETS SWEETS SMOKING BREAD CHIPS SMOKING BREAD CHIPS SWEETS SWEETS**

I'm a crisp monster, I LOVE them! I'm going to do my best to give them up for 40 Days and donate the money I save to Birmingham and the Black Country Wildlife Trust.

Emma T



Daily Challenge!

What could you do every day for 40 days?

Walk a mile, or 4...

Fire up your pedometer and challenge yourself to walk more. You could add 4,000 steps on top of your current daily average. Will people donate to encourage you?

As above

But running, or cycling - use a treadmill or rowing machine but get out in nature when you can!

Master a new skill

Set aside 5 minutes a day to learn something new, a word, a fact, an insect species... Share on social media with a link to your donation page

Origami

Learn to fold a paper bee (https://www.origami-resource-center.com/easy-origami-bee) make 1 a day then sell them to colleagues and friends for a £1 donation

Declutter

Can you sell something you no longer need on Ebay or social media then donate the cash? You get rid of 40 pieces of clutter, 40 people get a bargain, instead of buying new and you support local wildlife! Even easier do one social media post with images of the 40 items for sale and invite friends and family to bid.



I love hedgehogs! I'm going to do 40 maths questions in 4 minutes every day for 40 days. I'm going to ask my family to sponsor me 1p for each correct answer, If I get tham all right that could be £16 from each person!

Ramsay M

Challenge!

Can't commit to every day? Set a 40 themed challenge that counts across the whole 40 Days.

WALK 40 MILES READ 40 HOURS IN NATURE SELL 40 CUPCAKES 40 HOURS ZUMBA

Discover

Explore local canals and rivers by planning 40 miles of walks

Walk, run, row, swim or cycle 40 miles

Keep a daily record of your miles and aim to hit 40 by the end of the challenge

Origami

Learn to fold a paper bee (https://www.origami-resource-center.com/easy-origami-bee) make 1 a day then sell them to colleagues and friends for a £1 donation



I'm going to do a 40-themed triathalon, over 40 Days I will row 40 miles from Stratford to Birmingham, run 40 miles and cycle 40 miles. I'll get sponsored for every mile I complete!

Jake W

Something COMPLETELY Different!

40 not your thing? You can always do something completely different to help us reach our £40k target!

SPONSORED SILENCE WELLY WALK CAKE SALE NO LAUGH CHALLENGE CAR BOOT SALE COFFEE MORNING ODD SOCK DAY NAME THE TEDDY COUNT THE JELLY BEANS LUCKY DIP CAR WASH WEAR YOUR WELLIES TO WORK DAY

Please pay in your donations as soon as possible so we can put them to work protecting local wildlife!

JustGiving is our preferred way to collect donations, that way we get 100% of the funds you've raised without you having to chase people or worry about paying in cash.

Sign up at www.justgiving.com/campaign/40kfor40years and go to 'Events'

If this is not feasible; Please ask people donating by cheque to make them directly payable to 'The Wildlife Trust for Birmingham and the Black Country'

For your own protection the donations you've collected should be witnessed to verify the amount raised.

All cash donated must be kept in a secure place and banked as soon as possible

If you haven't used JustGiving you can pay in the money you've raised;

BY PHONE

Call 0121 523 0094 and ask to speak to the Fundraising team

POST

Post a cheque to: Fundraising Team, The Wildlife Trust for Birmingham and the Black Country, Centre of the Earth, 42 Norman Street, Birmingham B18 7EP

BANK TRANSFER

Please call our finance team on 021 523 0094 for bank transfer details

Please email fundraising@bbcwildlife.org.uk so we can confirm your money has reached us safely and send you a certificate and thank you! Please include:

Name Details of Event Phone Number Address





bbcwildlife.org.uk
fundraising@bbcwildlife.org.uk | 0121 523 0094

Charity No: 513615

to raise money for the Birmingham and Black Country Wildlife Trust!

Name:	Name	Contact	Pledge amount	Total to pay	Date paid
My Challenge:					
Wildlife is in trouble; 56% of all UK species are in decline and precious habitats such as wildflower meadows have been nearly wiped out, with only 3% of those we had in the 1930s remaining.					
The Wildlife Trust for Birmingham and the Black Country is uniquely dedicated to protecting wildlife and habitats across Birmingham, Dudley, Sandwell, Walsall & Wolverhampton. All funds raised will be spent locally.					



bbcwildlife.org.uk fundraising@bbcwildlife.org.uk

My Challenge:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40		

I'm taking the



Day Challenge

by "



