

THE TRELLIS BIG 10

Thank you so much for taking part in our **Trellis BIG10 Challenge**. By taking on a sponsored challenge in October, you are helping to raise funds to empower people to improve their lives through gardening. We chose the month of October and the number 10 to mark World Mental Health Day on 10th October. Your challenge or event can involve anything to do with the number 10. You might choose to walk 10 miles, complete a 10-hour dig-athon, host a garden party on the 10th day of the 10th month, or give up something for 10 days, or 10 weeks! **Good Luck and thank you!**

TO DO LIST

1. Decide on the challenge you want to complete
2. Recruit some friends!
3. [Register your challenge/event](http://www.trellisscotland.org.uk) on our website:
www.trellisscotland.org.uk
4. Create a [fundraising page](#) on BT mydonate and you can link your fundraising to [our event page](#) or
5. Download the [sponsorship form](#) on our website if you prefer it old-school!
6. Share your story and journey with the world using social media and don't forget to give us a name-check using the hashtag [#TrellisBIG10](#)
7. [Request promotional materials](#)
8. Create a poster to display at work or in your local newsagent to tell people about your fundraising campaign and how they can donate to it. We have templates on the webpage or download our [logo](#) to create your own.



FUNDRAISING INSPIRATION!



10am Coffee?

Whether at your book club, office or home, why not set a date for an extra special 10am coffee morning with some lovely baking (get your friends to help with baking donations) and refreshments

10 days, 10 new skills

Challenge yourself to learn 10 new skills in 10 days—fencing, knitting, drawing, climbing— the choice is yours and for every new skill you learn, bag more

Give it up for 10!

Whether it's 10 days, the 10th month, or 10 weeks, challenge yourself to give up something that will be tough to go without—chocolate, sweets or your games

Garden Open Day

Open your garden on a day in October (the 10th month). Invite friends, family, neighbours and collect donations on entry. You could even combine it with a bake sale or gardening activity (lots of

Board-game night

Why not invite family & friends for a marathon of a board-games challenge night! 10 stations with different board games...raising funds by people buying their seat at each games table or making



TOP TIPS FOR YOUR CAMPAIGN

1. MAKE IT FUN
2. DO SOMETHING YOU LOVE
3. KEEP YOUR FRIENDS & COMMUNITY UP TO DATE

