

**Club
150**



Club 150 Fundraising Challenge Ideas

Physical Activities:

- Walk 150 miles over the year (3 miles per week)
- Run 150 kilometres across 12 months
- Cycle 150 miles in a month
- Do 150 burpees, sit-ups, or press-ups daily for a week
- Climb 150 flights of stairs in a day
- Swim 150 lengths at your local swimming pool
- Take 15,000 steps daily for 10 days (150,000 total)
- Do a 150-minute sponsored workout session

Creative & Personal Challenges:

- Give up a vice for 150 days and donate the money saved
- Read 150 books in a year and get sponsored per book
- Learn 150 new words in a foreign language
- Take 150 community photographs and create a sponsored exhibition
- Write 150 poems, stories, or blog posts
- Bake 150 cakes/items throughout the year for sale
- Create 150 pieces of art/crafts for auction
- Host 150-themed quiz nights at local venues

Lifestyle Fundraising:

- Sponsored silence for 150 minutes
- Sleep outside for 150 hours across the year
- Eat only home-cooked meals for 150 days
- Use public transport only for 150 days (if you normally drive)
- No social media for 150 days
- Collect £1.50 in loose change daily for 100 days
- Host dinner parties charging £15 per head (10 parties = £150+ each)

Club 150 Fundraising Challenge Ideas

Content Sharing & Awareness

Social Media Engagement:

Share 150 Vision Support posts across the year (3 per week)

Create 150 original posts about sight loss awareness

Share your Club 150 journey daily for 150 days

Tag 150 friends in Vision Support posts throughout the year

Join 150 local community Facebook groups and share appropriate content

Create 150 Instagram stories featuring Vision Support

Write 150 LinkedIn posts about disability inclusion

Community Outreach:

Distribute Vision Support leaflets to 150 local businesses

Speak to 150 people about Vision Support's work

Attend 150 community events wearing Vision Support merchandise

Leave positive reviews mentioning Vision Support at 150 accessible venues

Write letters to 150 local newspapers about sight loss awareness

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Volunteering Opportunities

Regular Time Commitments:

- Volunteer 150 minutes monthly (2.5 hours)
- Commit to 150 hours total volunteering across the year
- Attend 150 Vision Support events/groups over 12 months
- Spend 150 minutes weekly helping with admin tasks
- Dedicate 25 minutes daily for 6 days (150 minutes weekly)

Skill-Based Volunteering:

- Provide 150 minutes monthly of professional services
(i.e. accounting, legal, IT)
- Mentor someone with sight loss for 150 hours across the year
- Teach a skill for 150 minutes (cooking, technology, crafts)
- Offer transportation services for 150 trips
- Provide gardening services for 150 hours
- Offer handyman services for 150 hours to service users

Event Support:

- Help at 150 different events throughout the year
- Commit to setting up/clearing 15 events (10 hours each = 150 hours)
- Volunteer as event photographer for 150 hours
- Provide catering support for events totalling 150 hours

Club 150 Fundraising Challenge Ideas

Combination Ideas

Monthly Themes:

January: 150-minute sponsored walk

February: Share 150 posts about eye health

March: Volunteer 150 minutes at events

April: Bake 150 items for sale

Continuing through year...

Family & Friends Involvement:

Get 150 people to donate £1 each

Organize 15 friends to each raise £10

Host 10 small events with 15 people paying £1 entry each

Create a 150-person sponsored challenge team

Creative Combinations:

Combine fitness + fundraising: sponsored gym sessions totalling 150 hours

Mix volunteering + social media: volunteer AND document journey in 150 posts

Blend learning + giving: learn new skill over 150 hours then teach others

Seasonal Ideas

Spring: 150 bulbs planted in community spaces

Summer: 150-mile charity bike ride or walking challenge

Autumn: 150 leaves collected and "sponsored" for autumn crafts sale

Winter: 150 Christmas cards made and sold for charity

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