



#The44Challenge

YMCA DOWNSLINK GROUP

THE 44 CHALLENGE

MAKE A POSITIVE CHANGE



44 CHALLENGE IDEAS

Just minutes of your life can add years to theirs

The average age of death for people experiencing homelessness is 44. We step in when young people are vulnerable to prevent them from becoming part of this terrible statistic.

Among men, the highest number of estimated deaths were observed in those aged 45 to 49 years. Among women the 40 to 44 years age group had the highest number of estimated deaths.
Source: Office for National Statistics – Deaths of homeless people in England and Wales 2020

Registered Charity No: 1079570
www.ymcadlg.org

FUNDRAISING CHALLENGE IDEAS



1. Bake 44 cupcakes and sell them by holding a bake sale
2. Can you do 44 squats a day for 44 days?
3. Listen to 'YMCA' on repeat 44 times
4. Tip 4.4 buckets of ice over your head
5. Hold a game tournament made up of 44 games
6. Learn to juggle for 44 seconds straight
7. Cycle 44 miles
8. Walk 44,000 steps in a week
9. Run 4.4 miles for 4 days in a row
10. Swim 44 lengths of the pool
11. Host a dinner party and charge £4.44 a head
12. Hold a quiz night, with 44 questions of course!
13. Hold a kitchen disco – 44 songs, non-stop dancing
14. Keepy-uppys - Can you do 44 in a row?
15. Hold a virtual scavenger hunt with 44 clues
16. Hula Hoop for 4.4 hours
17. Second hand clothes sale – List each item as £4.44
18. Eat 4.4 hot chillies
19. Stack 44 of one object and share it on social media
#The44Challenge
20. Karaoke Challenge – Sing 44 songs non-stop
21. Paint 44 paintings
22. Build a house of cards using 44 cards

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23. Create a set of challenges which have to be completed within 4.4 seconds
24. Give out 44 compliments to 44 people
25. Do 44 sit ups for 44 days
26. Spend 44 days giving something up
27. Wake up at 4:40am every day for a week
28. Do 44 good deeds
29. Sell 44 raffle tickets and hold a raffle
30. Car wash – charge £44 per car
31. Pick up 44 bits of litter
32. Charge £4.44 per pupil in a school non-school uniform day
33. Sell 4 items and see how much you can raise
34. Raise £4,444 to shave your head
35. 4.4 hour yogathon
36. Coffee morning - £4.44 entry
37. Create a swear jar – 44p for each word
38. Used book sale £4.44 per book
39. 44 hour trampolinedathon
40. Auction your own artwork for £4.44, £44, or £444+
41. Hold your own movie night - Admissions £4.44
42. Charge a fee per 4.4 hours of gardening
43. Group dog walk, everyone chips in £4.44 for a good cause
44. Murder mystery dinner party - £44 entry

**DON'T FORGET TO DONATE VIA JUST GIVING OR SET UP
YOUR OWN FUNDRAISING PAGE**

justgiving.com/campaign/The44Challenge



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Why not put it in your window or share it on social media #The44Challenge @ymcadlg