

West Area

Calendar of Fundraising Events 2014

January

Help us beat MS in 2014!

Overindulged at Christmas? Ready to give up some of your favourite things? Ask people to sponsor you to help you get through the month and kick start the year the right way!

February

The month of love! Why not ask Cupid to help you fundraise *and* tell a loved one you care this **Valentine's Day** (14 February)?

- ▲ Offer to be 'Postman' and deliver special messages to peoples' loved ones
- ▲ Distribute roses or chocolates at work
- ▲ Make something heart themed to sell to friends and family

And don't forget to ask for a donation...

March

- 02** Cheer on our runners in the **Bath Half Marathon**

MS Week takes place **28 April-2 May**. Start thinking now about how you can help us raise awareness:

- ▲ Arrange to do a talk at a local school or community group to make sure people know what MS is (your Area Fundraiser can help)



April

- 26/27** Experience the rush of free falling for several thousand feet at 120mph by **Skydiving** in **Cornwall on 26th** and **Swindon on 27th**. www.mssociety.org.uk/adrenalin

- 28 MS Week starts.** Check out our website, Facebook and Twitter pages and get sharing!

Nominations open for Sainsbury's stores to select their local charity of the year. Why not put forward your local branch?

May

As Marie Antoinette supposedly said, '*Let them eat cake!*'. Why not host your own **Cake Break** on **2 May** to help us raise over £350,000 for MS in one day?

Check out www.cakebreak.org.uk for everything you need to get started. And don't forget to ask family and friends to host one too...



- 04** Face the challenge of one of the longest and fastest **zip lines** in the country near Chepstow

June

- 01** Put on your training shoes and join Team MS in the **Great Midlands Fun Run**. If you can't run why not come along and enjoy the day and cheer on those that are?

- 08** Get on your bike and join in the **Clarks Village Somerset Cycle 60 challenge**

- 12** The **World Cup** begins and football madness sweeps the nation! Why not organise a sweepstake at work?

- 14** Be a record breaker and take part in a **World Record Breaking sky dive** in Salisbury or Nottingham

July

- 05** Be brave and join in our **Salisbury Skydive**. www.mssociety.org.uk/adrenalin

- 06** Kick start the summer in style by joining in the **Birmingham to Oxford cycle ride**. www.bikeevents.com

- 13 World Cup Final Day!** Will England have made it? We can't guarantee but why not host a World Cup party to celebrate? Guests can make a donation to enjoy your hospitality!

August

- 10** Join members of the Rotary Club of Babbacombe and St Marychurch for an exhilarating **Skydive** they are organising in aid of the MS Society near **Honiton**

Experience the thrill of a lifetime by **bungee jumping** in **Bristol on 17th and 18th** or **Tamworth on 24th or 25th**. (other dates available) www.mssociety.org.uk/adrenalin

September

- 07** Get to know one of our loveliest counties better by pedalling in the **Wiltshire 100**. www.bikeevents.com

- 14** Get the covers off your pride and joy and join in the **Clarks Village Vintage Car Rally** in Somerset.

- 14 Bristol Half Marathon.** Check out the running pages on our website to enter www.mssociety.org.uk/running

Throughout the month or on a day to suit you why not do something different as part of **Challenge60**? So many things that you could do. Check out www.mssociety.org.uk for ideas and inspiration. *Let's all get loud, challenge perceptions about MS and raise some vital funds.*

October

- 04** Exhilarating **100 foot abseil** at the picturesque **Cheltenham Racecourse**

- 19 Great Birmingham Run.** The region's most popular half marathon. Sign up or come along and cheer along our runners.

- 31 Halloween Firewalk in Birmingham.** Walk 20 feet across hot coals. www.mssociety.org.uk/firewalk

Strictly or The X Factor? Whatever you love, why not organise a sweepstake to give this year's series that extra edge?

November

Remember, remember the 5th of November!

We don't want treason and plot but we do know that everyone loves a firework display! Whether it's in your garden or local community, ask some friends to help organise a get together and help us keep funding our work to support people living with MS.

December

Merry Christmas and a Happy New Year!

Thank you for all your support in 2014 – check out our website www.mssociety.org.uk/christmas for some festive ideas to finish off your fundraising this year.

