

Your one-stop shop for challenge ideas and fundraising resources

Stuck for challenge ideas for your Be Your Best challenge?

- Do you usually run 5km? Could you challenge yourself to do 10km?
- How many cakes could you bake in one go?
- Why not pledge to make your co-workers a cup of tea every day for a week?
- Could you start learning a language and commit to ten minutes every for ten days?
- Been meaning to do sponsored karaoke? Now is your chance!



Spread the word

Post your page on your social media channels and ask your followers to join you!



Just ask!

This isn't the time to hold back. Don't be afraid to ask people for donations. Chances are, your friends and family will be keen to support your challenge.

Join the community

When we come together, anything is possible. Tag @BritishRedCross and @TeamGB when sharing your posts and photos.



Need more help? Get in touch with us at 0300 456 1005 or email us at beyourbest@redcross.org.uk.