

With the excitement of the Commonwealth Games coming to Birmingham this July, we can't think of a better summer to get into the sporting spirit and get **#ActiveforAcorns!**

Here are some fundraising ideas to get you started...

Get competitive

Do you know a school, nursery or playgroup that could host their own sports day to raise funds for Acorns?

Try out some new sports inspired by the Commonwealth Games, enjoy some friendly competition and have fun!



Celebrate

Bring your local community together to celebrate this iconic event and host a street party.

You could put on a Zumbathon to dance away whilst raising funds for your local children's hospice.



Be adventurous

Are you a thrill seeker looking for an adrenaline-filled way to get active for Acorns? Then take a look at our events calendar for your next challenge!

[See our Events calendar here.](#)



Challenge yourself

You don't have to jump out of plane or run a marathon if that's not for you. You could get sponsored to walk a mile every day over summer. Or perhaps a sponsored month of new activities each day, such as yoga, Pilates, cycling or swimming?



The difference your support could make

£120

could pay for a child and their family to have a hydrotherapy session with a Physiotherapist

£150

could fund a dance workshop at one of our hospices

Share and celebrate your amazing fundraising efforts using the hashtag:
#ActiveforAcorns