



**St John  
Ambulance  
Cymru**



# A to Z of Captain Tom 100 fundraising ideas

St John Ambulance Cymru is Wales' leading first aid charity, delivering frontline services in the heart of Welsh communities and providing first aid training to the life savers of today and tomorrow.

By taking on the Captain Tom 100 challenge and choosing to support us, you could help us save lives and teach others to do the same, now and for years to come.

We've put together an A to Z of fundraising ideas based around the number 100 to help get you on your way to raising your target for St John Ambulance Cymru!



**CAPTAIN  
TOM 100**

**DO IT YOUR WAY**

## Ask away

Contact local businesses, community groups and contacts to tell them about the work of St John Ambulance Cymru or the fundraising challenge you're taking on and see if there's any way they could donate or support. Can you raise £100 through your contacts?

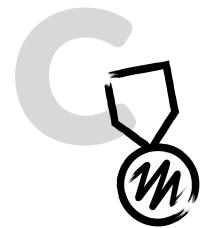


## get Bouncing

Challenge yourself to a sponsored bounce-a-thon. 100 jumps on a trampoline, 100 ball bounces or 100 hours of jumping.

## Captain Tom 100

Follow in the footsteps of this challenge's name sake and take 100 trips around your garden to raise money for charity. Choose your own method of travel and make it a challenge that'll suit you and encourage those you know to donate.



## Dress up day

Dress up for staying in! Ask your colleagues or friends to join you and donate a £1 fee or ask for sponsorship to dress up yourself and try to raise £100.

## Exercise

While we're in lockdown it's easy to stay inside, snack and watch TV, so let's turn that upside down and get moving for charity! Could you walk, run or cycle run 100 miles or kms to raise some sponsorship?



## can you Flip it

Whether it's pancakes or your body, let's get flipping for cash! Hold your own sponsored flip-a-thon for 100 minutes or flips to raise money for St John Ambulance Cymru.

## Grow it

Grow a beard or moustache for 100 days and ask for sponsorship!



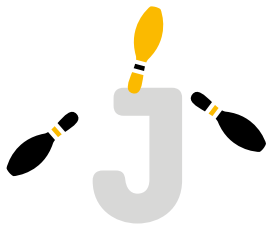
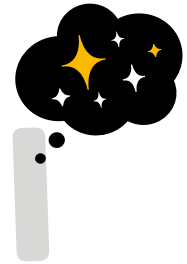


## Hammer time

We've all heard the song 'Can't Touch This' by MC Hammer – learn some of his best moves and get sponsored to dance your way through 100 minutes or 100 repeats of dancing to this classic using moves from the video. Stream it to encourage even more donations.

## use your Imagination

Ask members of your household or friends virtually to come up with a 100 second story, song or mini-play and then combine them all into your very own show of imagination. Email invitations to friends and family and then stream the performance at a set time using video Zoom, Facebook or Houseparty. Ask your audience to donate to your fundraising page.



## Juggle it

Take on a challenge to try and juggle non-stop for 100 seconds. Use our sponsor form or build an online fundraising page to collect sponsorship.

## Karaoke night

Sing your heart out for St John Ambulance Cymru by planning and selling tickets to a virtual 100 song or 100 minute karaoke night, you could use networking apps or create a private group and use Watch Party on Facebook.



## Lip sync

Make a list of 100 songs, from Night Fever to Dance Monkey and choose one for yourself. Lip sync to your song and film it – make a donation to your page and pass the challenge on nominating the next person to choose a song and donate. You could share it on TikTok and see if you can start a trend!

## Matched giving

Many employers these days offer matched giving. Tell them about your fundraising for charity and see if they can match what you raise. If they can't, they'll often give a donation or allow you to hold a fundraising activity at your place of work.





## No screens

Go without screens for 100 hours (or minutes). Skip that TV time, switch off from social and zip off zoom! Set up a fundraising page and collect sponsorship.

## Outerwear underwear

Wear your underwear on the outside for 100 hours to raise sponsorship. You could set a date and ask others to do the same. You'll be superheroes in our eyes!



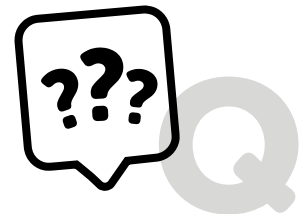
## Promise auction

Gather your colleagues, friends and family for a promise auction. Ask them what skills they have that they could teach others or offer and auction it off in exchange for a donation. Offer 1000 minutes of your time or trade 100 hours as a group. For example, you could promise to clean someone's car, give an hour's guitar lesson or a haircut when lockdown is over.



## Quiz night

Whether it's with your family, on a quizzing app or video call, quizzes are a great way to raise money. There are lots of websites online where you can find questions or set up online quizzes. Go for 100 questions or 100 minutes and ask for donations to enter and put aside a small prize for the winning team.



## Recovery position

How long will it take you to put 100 people (or one person 100 times) in the recovery position or how many times can you put someone into the position in 100 minutes? Take on a first aid marathon to raise money and awareness!



## Sponsored something

Are you a chatterbox or do you eat too much chocolate? Hold a sponsored something to raise money - it could be a sponsored 100 minute silence, or giving up chocolate for 100 days.





## become the Teacher

Do you have a skill you could share? Set up an online class and teach your friends or family (who donate to take part) something new! It could be a first aid lesson, yoga, cookery or even a mini maths class! Share your skills for 100 minutes each.

## Uniform day

Off school? Wear your uniform about the house for 100 hours or tie your tie 100 times and ask family and friends to sponsor you to do it!



## Virtual gamenight

From board games to heads-up these day's there's an app for everything. Gather your friends, family or colleagues for a donate to enter gaming night! Play 10 rounds, limit games to 100 minutes or make up your own Captain Tom 100 challenge themed rules.

## Word search wonder

Create a word search with 100 words to find. Ask people to donate for a copy and spread it far and wide. You could use first aid words, take inspiration from our charity's history or choose a theme of your choice.



## Xbox extravaganza

We admit it – we needed something for the letter X but this can be done by any gaming enthusiast! Put your thumbs to good use by hosting a sponsored video-game-a-thon. It could be a 100 race Mario Kart Grand Prix season or a 100 hour Fortnite Battle Royale. You could even stream your tournament over Twitch or in a private Facebook group you invite friends to and ask for donations.

## Yes day

Ask for donations in exchange for helping people out. Ask them what they need (within reason) and simply say yes! Could you do this for 100 minutes? Please don't agree to anything you don't want to do!



## Zumbathon

Hold a 100 minute Zumbathon or commit to dancing once every day for 100 days. Invite your friends and family to watch or join in online and raise sponsorship. Don't like Zumba? You could try aerobics, dance, yoga or another sporting activity.

## A flash of inspiration

Whether you're fundraising on your own, or as part of a team we hope this A to Z of ideas has inspired your fundraising. Our fundraising team are always on hand to provide support and advice. If there's anything you need or an idea you'd like to talk through please just get in touch!

### **Get in touch**

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029 2044 9626

Follow us @stjohncymru

### **Feeling inspired?**

Sign up and set up your fundraising page at: [www.sjacymru.org.uk/mycaptaintom100](http://www.sjacymru.org.uk/mycaptaintom100)  
or download a sponsor form from our [website](#)



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