



Star of the silver scream

It's time to put on a show! Challenge members of your household or friends and family virtually to come up with an act and then combine them all into your very own show.

Make it spooky, or outdoor themed in this Wild Wales fundraising challenge. Email invitations to friends and family, and stream the performance at a set time using an online video calling programme or app!

Ask your audience to donate to your fundraising page.

"I'm a Celebrity..." is coming to the great outdoors of Wales and there's no better way to feel part of the action than to take on your own challenge and doing it for charity!

Whether you're bush tuckin' in to a not so tasty treat, earning castle coins in a wild and wet challenge or setting up camp in your own corner of Welsh wilderness, there's a way for you to support St John Ambulance Cymru this autumn.

We've put together some wild ideas with some I'm a Celebrity inspiration behind them that you could take on to support our lifesaving work.

Ants in ya pants

No, we don't mean in the literal sense. No creepy crawlies here, just get moving for charity, in any way you like, a sponsored danceathon, run, swim or however you like to move!

Pit of horror

Climbing into a pit (or bath) of horror is a great way to raise money! Whether you hate the jiggle of jelly, want to ban beans or dislike the feeling of sand between your toes, take on the terror and ask friends and family to show their support by sponsoring you.



Wild Wales First Aid

Would you know what to do if an accident or injury happened whilst you're in the great outdoors? We've filmed a special outdoor first aid course which you can watch at www.sjacymru.org.uk/wildwalesfirstaid

King of the castle

Give someone the chance to be queen or king of your castle for a day. Encourage your loved ones to part with their cash by offering them something in return; for a small donation sell raffle tickets or run an auction and crown the winner king (or queen) of your castle for the day. That could mean they get dinner cooked for them, don't have to make a cuppa all day or are spoilt with a bubble bath (something the celebs in our Welsh castle can only dream of), you decide!

Spooktacular sleepout

Do you know a safe space in Wild Wales? Get sponsored to camp in your garden or any outdoor space which allows camping and take on the elements just like the celebs you see on TV. Don't forget to make sure you take everything you need!

Dec the halls

We're not talking about the funny northerner on our screen but decorations of course! Decorate your home, workplace or community space (with permission) with an I'm a Celebrity theme and place a donation box for people enjoying them to support your fundraising.



Bush tucker trivia

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

Squee-licious

A food challenge like no other. A great challenge for children and big kids. Tuck in to jelly snakes, squidgy eyeballs, an exotic meat or any other foods you'd usually stray away from in order to raise money. Whilst it might not make it to the bush tucker trial, a sponsored sprout eating contest is top of our list!



Paying in your money

You can pay your fundraising to St John Ambulance Cymru using any of the methods below. However you send in your money please make sure you include that it was raised as part of the Wild Wales Fundraising Challenge! And don't forget to send us a copy of your sponsorship form if you used one!

Online

Visit: www.sjacymru.org.uk/donate

Set up an online fundraising page with Just Giving:

<https://www.justgiving.com/sjcw> use this to create your own fundraising page and give out the link for sponsorship and donations. It's really simple to do – just click fundraise and follow the on-screen instructions!

By phone

Call our donation line on
029 2044 9626

By post

By cheque
Payable to: 'St John Ambulance Cymru'

Address:
St John Ambulance Cymru,
Priory House,
Beignon Close,
Cardiff,
CF24 5PB

Get in touch

Our fundraising team are always on hand to provide support and advice.

fundraising@stjohnwales.org.uk
029 2044 9626

Stay safe

We know that fundraising is better with friends but please remember that whatever you decide to organise that it should be done in accordance to lockdown rules and regulations in your area. We want you to stay safe when you take part in any fundraising event or campaign on our behalf so please be sure to check government guidelines in relation to COVID-19 and your community.



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St John Ambulance Cymru. Registered charity number: 250523.