

Let's get started

Start the new year with a fundraising activity (or two!) to lift people's spirits. Every penny you raise will go towards The Blues Programme.

Clear the clutter



Sell off any unwanted Christmas presents (or have a good clear out) and donate the money you make to Action for Children.

Positive mental health

It's Children's Mental Health Week 1-7 February. Visit Action for Children's **Parent Talk website** for expert advice and activities to support children's emotional wellbeing.



Burns Night supper



Throw on some tartan and whip up a tasty meal of haggis, neeps and tatties to enjoy online with friends on 25 January. Donate a small amount to take part.

Time to talk

When was the last time you asked someone how they're doing? Time to Talk Day is 4 February, so call a friend or colleague for a chat.



Happy Chinese New Year



Gung Hei Fat Choy! Celebrate the Year of the Ox by cooking a traditional Chinese dinner or supporting a local business on 12 February. You could donate the cost of a takeaway meal to Action for Children.

Roses are red



Share the love on Valentine's Day by planning some fundraising fun this February. Donate to wear something red at work, host a themed quiz, or organise a raffle.

Flippin' marvellous

Hold an online pancake flipping competition this Shrove Tuesday on 16 February. The person who does the most flips wins! Ask colleagues, friends or family for a small donation to take part.



Dydd Gŵyl Dewi Hapus

Celebrate St David with a Wales-themed day on 1 March. Take on a virtual Cymru cooking challenge, get sponsored to listen to Tom Jones for a day, or dress up in red, white and green.



#IWD

Celebrate your amazing colleagues this International Women's Day on 8 March. Set up an online Kudoboard and ask everyone to add positive messages, or get in touch with a colleague and tell them they're brilliant.



For more ideas, support or materials, please contact:
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www.actionforchildren.org.uk

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