

# Raise £40 over the next 12 months to mark 40 years of ECHO



Our charity was founded 40 years ago, in 1983, by Dr Michael Joseph, the first Paediatric Cardiologist at Evelina London, together with parents of children with heart conditions. The charity came about from a desire to provide families with emotional support, with parents often feeling lonely and isolated, having no one to speak to except medical staff.

Over the past four decades ECHO has grown in size, and in the range of support it provides and has built and maintained strong relationships with medical, nursing and professional teams within Evelina London networks.

ECHO is regarded by many as a second family and a strong network to be part of at all life stages of their heart journey. Often people access support in a crisis and again years later as they reach different milestones.

## The 40 for 40 challenge

To mark 40 years of helping thousands of families during our history, we've launched the 40 for 40 challenge.

We'd love you to raise £40 and join [our paper chain](#), alternatively, raise over £83, 1983 was the year we launched, and we'll send you an ECHO pin badge.

If you need help to get set up for receiving donations and sponsorship go to:  
<https://echo-uk.org/get-involved/fundraise/>.

If you have any questions or would like to discuss your own idea for a 40 for 40 fundraiser, ECHO would love to hear from you, email us at [hello@echo-uk.org](mailto:hello@echo-uk.org).

# 40 charity fundraising ideas to get you started

1. Run 40 miles a month for a year.
2. Swim 40 lengths every day for 40 days.
3. Complete four 10km runs in four months.
4. Cycle 40 miles a day for 40 days.
5. Do 40 sit ups and/or press ups every day for 40 days.
6. Hold a 40-hour relay danceathon.
7. Walk or cycle every day to work or school for 40 days.
8. Play a round at 40 different golf courses in a year.
9. Visit 40 cities in a year.
10. Take on a Tough Mudder as part of a team of 40.
11. Complete the Three Peaks Challenge within 40 hours.
12. Bungee jump from 200 feet with a friend, family member or colleague.
13. Create a treasure hunt with 40 clues and invite your friends or family to take part.
14. Organise a bake sale with 40 colleagues or bake 40 types of sweet treats to sell after school.
15. Host a *Come Dine with Me*-style cooking event for 40 people.
16. Host an online quiz with 40 questions - then invite friends, family or colleagues.
17. Hand make 40 items and sell them to raise funds for ECHO.
18. Carry out 40 manicures, massages or haircuts in 40 hours.
19. Watch 40 films in a month.
20. Read 40 books in a month.
21. Take a selfie with Eddie ECHO (you can buy him [here](#)) in 40 different locations.
22. Take part in a 40-hour sponsored silence.
23. Organise a 40-themed world record attempt.
24. Find 40 things around your home you no longer use and hold a car boot sale.
25. Give up something you would really miss for 40 days.
26. Veganuary - eat a vegan diet for 40 days.
27. Get a team together (for teens) and take it in 'shifts' to do gaming, for 40 straight hours.
28. Do an activity such as reading or a challenging exercise (for kids), for 10 minutes a day for 4 days.
29. Host a car wash event on your drive and collect donations from customers.
30. Reach out to your network and assemble 40 items to plan a silent auction.
31. Organise a dress down day at your work or child's school and ask everyone to donate in return.
32. Ask a local pub or club to host a Karaoke Evening and charge people for entry or to take part.
33. Grow some plants and sell them at work or to family and friends.
34. Invite an 'expert' or local wine dealer to bring a few cases of wine and hold a wine and cheese tasting evening.
35. Ask local artists to donate photographs or paintings and auction them off.
36. Choose a craft - such as pinch pots, tie-dying or collaging - and host a craftalong session.
37. Remember the ice bucket challenge - a phenomenon in the summer of 2014 - why not recreate it?
38. Host your own 40th birthday party with a raffle.
39. Complete a good deed such as picking up litter for 40 days around your village.

40. Learn 40 words in a new language.