

For The Christie

WHAT WILL YOU DO?



Join The Christie
against cancer

The Christie
Charitable Fund

For patients and staff at The Christie!

Team name (if applicable):

Start date:

End date:

I CHALLENGE MYSELF TO...

SHOUT OUT



Don't forget to shout out about your 60 for
The Christie challenge on social media.
We can't wait to see action shots and videos of
you or your team taking part in your challenges.
Make sure you tag your school, The Christie
and the hashtag #60forTheChristie

@TheChristieCharity
@TheChristie
@ChristieCharity

You can shout out about your 60 for
The Christie challenge by wearing
one of our t-shirts too! Please visit
www.christies.org/shop to purchase
yours today.

WHAT IS THE CHRISTIE?

THE CHRISTIE IS A VERY BIG HOSPITAL IN MANCHESTER. WE TAKE CARE OF MORE THAN 44,000 PATIENTS WITH CANCER A YEAR!

We look after people from Greater Manchester, Cheshire and from all around the world, who travel hundreds of miles to come here. Our hospital is famous! We have lots of doctors and nurses looking after our patients. We also have all kinds of special equipment to treat the different types of cancer our patients have. The Christie is a very special place, and our patients are very, very important to us.

WHAT IS 60 FOR THE CHRISTIE?

60 FOR THE CHRISTIE IS A NEW FUNDRAISING CHALLENGE.

60 miles is the average distance a patient travels for cancer treatment in the UK. You will need to choose a challenge about the number 60. The challenge can be completed either individually or as a team.

OTHER WAYS YOU CAN SUPPORT US

CUPPA FOR THE CHRISTIE

WHY NOT POP THE KETTLE ON AND HOLD A CUPPA FOR THE CHRISTIE?

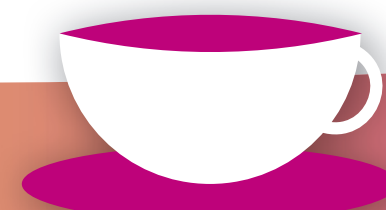
Join together with family and friends and enjoy a cup of tea and a slice of cake whilst raising money for a worthwhile cause.

We have lots of materials to help support you with your event such as invites, posters and bunting.

Register your Cuppa for The Christie with us today.

Get in touch with our Community Fundraising Team on **0161 446 3988** or community@christies.org

Please make sure any gathering follows current Government guidelines for your area to keep everybody safe.



CHRISTIE BEAR SPELLING CHALLENGE

OUR CHRISTIE BEAR SPELLING CHALLENGE IS PERFECT FOR PRIMARY SCHOOLS.

By learning a list of spellings and asking for sponsorship from their family and friends, your pupils can practice their spelling skills and help raise money for our patients at The Christie.

Everyone will receive a Christie Bear badge for taking part and the more sponsors they achieve, the closer they will become to being a Christie Champion!

If your school is up for the challenge, please contact **0161 446 3988** or community@christies.org

Christie Bear would love to hear from you!



VOLUNTEERING FOR THE CHRISTIE CHARITY

Whether it's bucket collecting or cheering on our fundraisers, there are so many ways that you can volunteer with us.

Please visit our website www.christies.org/volunteer or contact community@christies.org for more information.

"Every event is different and exciting, you meet a wide range of people all coming together to do something amazing. The Christie charity team are brilliant and I love working with them."


Chris, volunteer






FITNESS CHALLENGES


- 1 Do a 60 mile cycle 
- 2 Do a 60 mile team relay – walk, run and swim
- 3 Do a 60 person relay
- 4 Do a rally of 60 – catch, tennis or badminton 
- 5 Do a 60 minute workout every day for a week
- 6 Plank for 60 seconds for 60 days
- 7 Skip for 60 minutes 
- 8 Hula hoop for 60 minutes 
- 9 Shoot 60 hoops (basketball)
- 10 Do 60 trampoline tricks or jumps 
- 11 Swim 60 lengths
- 12 Learn to do 60 keepy-uppies 
- 13 Learn six 10 second TikTok dances 
- 14 Learn 60 karate moves 
- 15 Learn 60 different yoga poses – 1 a day for 60 days 

- 16 Run 60 laps of the school field
- 17 Run up the stairs 60 times
- 18 Run 60 laps of your garden – backwards 
- 19 Walk to and from school 60 times
- 20 Walk your dog 60 times 
- 21 Climb 60 rock climbing walls
- 22 Do a 60 minute dance-a-thon
- 23 Hold a 60 round mini golf tournament 
- 24 Run in the shape of the number 60 on your Strava app





- 25 Learn the capital cities for 60 countries
- 26 Learn the names of 60 planets or stars
- 27 Learn a word e.g. 'hello' in 60 languages
- 28 Learn 60 words in sign language 
- 29 Learn to play an instrument for 60 hours
- 30 Learn computer coding for 60 hours
- 31 Write 60 poems

- 32 Read 60 books 
- 33 Learn 60 jokes 
- 34 Complete 60 puzzles
- 35 Hold a 60 question quiz
- 36 Paint 60 pictures 
- 37 Knit 60 items

ENVIRONMENT CHALLENGES

- 38 Recycle 60 items 
- 39 Litter pick 60 items
- 40 Volunteer for 60 hours
- 41 Do gardening for 60 hours 
- 42 Help with 60 jobs around the house
- 43 Wash 60 cars 

- 44 Bake 60 cakes 
- 45 Give up chocolate for 60 days
- 46 Give up crisps for 60 days
- 47 Be a vegetarian for 60 days 
- 48 Learn to cook for 60 hours

- 49 Wear a fake moustache for 60 hours 
- 50 Build a 60 inch lego tower 
- 51 Play a video game for 60 hours 
- 52 Learn to solve a Rubik's cube in 60 seconds
- 53 Learn 60 magic tricks
- 54 Take 60 photographs (or take a photograph every day for 60 days) 
- 55 Guess the baby competition – 60 photos

- 56 Create a collage of 60 photos from your life
- 57 Throw a 1960s themed party 
- 58 Hold a 60 outfit fashion show
- 59 No social media for 60 hours
- 60 Do a 60 hours sponsored silence

EDUCATION CHALLENGES

FOOD CHALLENGES

'JUST FOR FUN' CHALLENGES

For The Christie
CHALLENGE IDEAS