

01 3 PEAKS CHALLENGE

Climb one or all 3 of the highest peaks in the UK or climb a local peak to you.

Register today at:
www.goo.gl/LxttPF



02 TOUR DE-SALAH

Ride 15km, 30km, 60km or 100km for IKCA.

1 Day
5 Prayers
5 Mosques

Register today at:
www.goo.gl/Hijp8A



03 SWIM A MILE OR TWO

Take up the one mile swim challenge with IKCA.

You can swim the distance at your leisure with friends or family. Swim for a Mile is open to swimmers of all abilities and we are encouraging as many people as possible to experience the benefits of swimming.



04 NO SMOKING CHALLENGE

Take the challenge and help yourself Quit?

Half of the people who regularly smoke are killed by their habit and people who smoke long-term die an average of ten years younger than non-smokers! Did you know that smoking Shisha or chewing tobacco is just as harmful as smoking cigarettes? Our Challenge encourages giving-up smoking for a week or a month, while raising much needed funds to help save the lives of cancer patients in Pakistan.



05 FUNDRAISING DINNER

Become a fundraiser by eating and meeting!

Organising a fundraising dinner can be challenging but very rewarding. So why not get your family, friends and work colleagues to help out and raise as much as possible. If you need any help, our staff are always available to assist you with organising a successful event.



06 ORGANISE STALLS

Set up a stall at a local event for IKCA.

There are so many different things you can do, whether you have a particular interest or are keen to put your skills to use for a good cause. You can rent a stall at a local event or at a fair to sell unwanted items or, why not use your cooking skills to sell Samosas and Kebabs!.



07 BAKE A CAKE FOR IKCA

Who doesn't like baking!

Get in the kitchen and start baking in the Imran Khan Cancer Appeal Cake Bake Challenge. Put your skills into baking your favourite cakes, cookies or something savoury or healthy and help sell your tasty treats to help the Patients with cancer in Pakistan.



08 SWEAR BOX

Turning your bad language into good action.

Why not have a swear box in your home or office and fine anyone for swearing or using slang language! Earn good deeds from bad habits by taking the seven day challenge, or, if you are brave enough, challenge yourself for a full month! Set a 50p fine for a mild swear or £1 for a strong one! This is a simple way for people to get involved in helping turn bad into good whilst raising funds for IKCA.



I would like to get involved and am interested in...

1 2 3 4 5 6

7 8 9 10 11 12

(Please tick one or more)

Name:.....

Address:.....

Town/City:.....

Post Code:.....

Mobile:.....

Email:.....

We also have hundreds of other activities to choose from. Just call the IKCA support team for further guidance and we will be happy to support you.

Please email your interest at support@ikca.org.uk or fill-in this form and post it to us in the reply envelope provided or post to **PO Box 786, 66 Little Horton Lane, Bradford BD5 0YE** - Thank you.



09 PINK TEA PARTY

Be as simple or as extravagant as you like.

The Pink Tea Party Campaign encourages both men and women to take part and help raise awareness and vital funds for breast cancer treatment. You can host it at home, in your garden or go big at your local community centre!



12 EBAY AUCTION

Sell all your unwanted items on eBay.

Go digital and sell unwanted items. Selling on eBay under charity sales is a great way to raise funds for IKCA by selling all those unwanted items. Speak to friends, family and businesses to donate items to sell online. Generating awareness is essential, so make sure you let as many people know about the auction to raise as much as possible.



10 COMMUNITY BARBECUE

Throwing a barbecue fundraiser is a great way to raise funds for IKCA.

Invite family and friends while supporting a good cause, with a BBQ event. Why not go that extra mile and turn it into a fun event with mini challenges and add some extra spice with Extra Hot Wings and see who can survive the challenge!



TAKE THE CHALLENGE

and help us even further.

Contact us now:

01274 424 444

support@ikca.org.uk

www.ikca.org.uk



11 24 HOURS UNPLUGGED

Could you live without your devices for 24 hours?

All devices must be turned-off and locked away, these include Xbox, PlayStation, Tablets, Mobile devices or any hand held devices. Most of us check our mobile devices over 100 times a day. Could you survive a world without cell phones and your gaming devices?



Take part in the challenge or invite family and friends to join you.

TOP 12 CHALLENGES

