

How to Support Martha@30

- 1 **3 miles for 30 days** – run/swim/cycle/walk 3 miles every day for 30 days and get sponsored
- 2  **30 Friends, 30 likes.** Encourage 30 friends to Like and share the Martha Facebook page
- 3 **Give it up for Martha** – Give something up for 30 days – and make a donation to Martha or get sponsorship for doing it
- 4 **Music4Martha** – help us reach our target of 30 Music4Martha events in our 30th year; hold a music event in aid of Martha Trust
- 5 **Copper Collection** – collect your small change for 30 days and donate to Martha
- 6 **Tea Party** – invite friends round for afternoon tea or a coffee morning in aid of Martha
- 7 **Raise it for Martha, £30, £300 or £3,000 in 30 days** – pick your target and get fundraising! Get your employer, colleagues or friends and family involved.
- 8 **£30 for 30 Years** – make a £30 donation to Martha to mark our 30th Anniversary
- 9 **Buy a raffle ticket** – in our special 30th Anniversary Prize Draw – 30 Prizes for 30 Years
- 10 **ebay for Martha** – Sell 30 items for Martha on ebay to mark 30 years
- 11 **Plant Sale** – grow 30 plants and sell to friends and family in aid of Martha
- 12 **30 hours for Martha** – donate your time to Martha and volunteer.
- 13  **30 tweets every 30 days** – help us reach our target by tweeting about Martha
- 14 **Come along** – and support one of our organised events in our 30th Year
- 15 **Sell 30** – Martha wristbands or pin badges to 30 people
- 16 **Sign up to one of our challenges in aid of Martha** – from our annual car challenge – Monte Carlo Madness, Virgin London Marathon, Royal Park Half Marathon, KM Big Bike Ride, KM Dragon Boat Race or KM Muddy Assault Course
- 17 **Collect 30 prizes** – through the year to donate to the Martha Tombola
- 18 **Shout about Martha to 30 friends, family or colleagues** – help us raise awareness of the work we do
- 19 **30 Cakes for 30 Years** – Cake Sale for Martha. Bake a batch of cakes and sell at work or school to raise money for Martha
- 20 **Hold an 80's themed night** – to mark our founding year 1986
- 21 **30th-themed Sports Day** – hold a sports day in aid of Martha based on the number 30! 30 laps of the field, 30 sit ups, 30 star jumps
- 22 **Film night** – pick favourite films from 1986 and host a film night
- 23 **Become a regular donor to Martha** – to mark our 30th Birthday
- 24 **Grow £30 → £300** – make a donation to Martha of £30 and see how much you can grow that donation in the year by investing and fundraising your initial £30.
- 25 **Donate a £1 to Martha every 30 days through 2017** = £12 donation for the year
- 26 **30 journeys for Martha in 2017** – give up using your car for 30 local trips – walk or cycle instead and donate the fuel saving cost to Martha
- 27 **Wash 30 cars for Martha** – hold a charity car wash
- 28 **30th Pledge** – do something for Martha whether raising awareness, fundraising or make a donation the 30th day of each month in 2017
- 29 **Hold a quiz on Things that happened in 1986** – with question 30 holding a bonus prize!
- 30 **Share our 30th Anniversary** – If you have a special birthday, anniversary or celebration in our Anniversary year why not ask for donations to Martha instead of gifts

 **30th Anniversary**

