

How to Support Martha@35

- 1 **3.5 miles for 35 days** – run/swim/cycle/walk 3.5 miles every day for 35 days and get sponsored
- 2 **35 friends, 35 likes** – encourage 35 friends to Like and share the Martha's social media   
- 3 **Give it up for Martha** – Give something up for 35 days – and make a donation to Martha or get sponsorship for doing it
- 4 **Music4Martha** – help us reach our target of 35 Music4Martha events in our 35th year; hold a music event in aid of Martha Trust
- 5 **Copper Collection** – collect your small change for 35 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, £35 or £350 in 35 days** – pick your target and get fundraising! Get your employer, colleagues or friends and family involved
- 8 **£35 for 35 Years** – make a £3.50 or £35 donation to Martha to mark our 35th Anniversary
- 9 **Giving Shelf** – start your own giving shelf in your workplace or community group. It's a great way to recycle unwanted books and raise money for Martha!
- 10 **ebay for Martha** – Sell 35 items for Martha on ebay to mark 35 years
- 11 **Plant Sale** – grow 35 plants and sell to friends and family in aid of Martha
- 12 **35 hours for Martha** – donate your time to Martha and volunteer
- 13 **Set up a birthday fundraiser on Facebook** – and encourage friends and family to make a donation to Martha in honour of your birthday
- 14 **Come along** – and support one of our organised events in our 35th Year
- 15 **Sell 35** – Martha wristbands or pin badges to 35 people
- 16 **Sign up to one of our challenges in aid of Martha** – our annual car challenge 'Monte Carlo Madness', Virgin London Marathon, KM Abseil, KM Big Bike Ride, KM Colour Run or KM Firewalk
- 17 **Collect 35 prizes** – through the year to donate to the Martha Tombola
- 18 **Shout about Martha to 35 friends, family or colleagues** – help us raise awareness of the work we do
- 19 **35 Cakes for 35 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 1987
- 21 **35th-themed Sports Day** – hold a sports day in aid of Martha based on the number 35! 35 laps of the field, 35 sit ups, 35 star jumps
- 22 **Film night** – pick favourite films from 1987 and host a film night
- 23 **Become a regular donor to Martha** – to mark our 35th birthday
- 24 **Grow £35 → £350** – make a donation to Martha of £35 and see how much you can grow that donation in the year by investing and fundraising your initial £35.
- 25 **Donate a £1 to Martha every 35 days through 2022** = £10.42 donation for the year
- 26 **35 journeys for Martha in 2022** – give up using your car for 35 local trips – walk or cycle instead and donate the fuel saving cost to Martha
- 27 **Wash 35 cars for Martha** – hold a charity car wash
- 28 **35th Pledge** – do something for Martha whether raising awareness, fundraising or make a donation the 1st day of each month in 2022
- 29 **Put Martha forward for Charity of the Year** – at your work place, golf club, school, rotary, lodge or lions club
- 30 **Hold a quiz on 'Things that happened in 1987'** – with question 35 holding a bonus prize!
- 31 **Share our 35th Anniversary** – if you have a special birthday, anniversary or celebration in our anniversary year why not ask for donations to Martha instead of gifts
- 32 **Support Martha's Sporting Summer** – by celebrating key sporting events like Wimbledon, the FA Cup Final or the Rugby Six Nations with a fundraiser – hold a sweepstake, sporting dress down day, cricket tea or five a side match all in aid of Martha
- 33 **Donate 35 bottles to Martha** – collect donations from family, friends and colleagues of unopened bottles of alcohol for our Barrow of Booze raffles in 2022
- 34 **Leave a lasting legacy to Martha** – by remembering Martha Trust in your will, after your friends and family have been looked after, you can leave a life changing legacy to people with profound disabilities; whatever size gift you choose to leave, it will have a huge impact on our work
- 35 **Nominate Martha** – in your local supermarket token scheme during 2022