

Think BIG

In 2011 we want you, our supporters to 'Think BIG'. Bigger fundraisers, bigger events, bigger challenges. As the need gets bigger, our response needs to as well. Join The Trussell Trust's Think BIG campaign today!

Need an incentive to keep New Year resolutions? Why not make them a fundraiser?

>> **Sponsored diet:** Have you been promising yourself that you will lose those few pounds? Why not raise money for The Trussell Trust at the same time? Losing weight for charity can give you the motivation you always needed, and at the end you will look and feel great!

>> **Give up chocolate:** Ok, now this is a tough one, but why not get sponsored to not eat chocolate for a year? Not only will you gain the respect of your waistline, and those around you, but you would also be contributing to a great cause.

>> **Get fit:** Have you made a new years resolution to get fit? Why not use your new found fitness to participate in one of this years big sporting events, such as a marathon, triathlon or cycle ride?

BIG events you could get involved with in 2011

- >> Trek Bulgaria 2011
- >> London 10K
- >> Forest Man Triathlon
- >> Rally to Bulgaria (TBC)
- >> Nordic Walk

BIG fundraising ideas

- >> BIG dinner party
- >> Discover Adventure Challenge
- >> Big silence: family need some peace and quiet?
Why not do a 5 day sponsored silence.

