

## **Support Rehab in your local community**

Why not raise money for Rehab by organising your own event either with friends and family or through your local community group? There are lots of ideas in the list to choose from and should you need any help please contact the Fundraising Team by calling 01 205 7231 or by email: [fundraising@rehab.ie](mailto:fundraising@rehab.ie) .

### ***Skydive for Rehab!***

If you and your friends would like to raise much needed funds and have some serious fun at the same time – then why not 'Skydive for Rehab!' You'll skydive from 10,000 feet or more, at speeds of around 120 miles per hour, securely harnessed to a professional skydiving instructor who will look after everything for you - from gearing up to touching down. We can help you set up an online fundraising page for your group.

### ***Hold an Auction***

Organise a special auction in aid of Rehab. Find a space you can use to hold the auction and then ask local businesses to donate items of worth to go up for auction. It always helps to advertise a month before, so make sure to put up lots of posters around your local town.

### ***Fancy Dress in your local pub***

Dressing up needn't just be for the kids at Halloween – adults can have fun too! Anyone that wears a costume could be asked to donate €5 to Rehab. A prize should be awarded to the best costume. If you take pictures we will put them up on the fundraising section of the Rehab website. You could also hold a raffle to help raise more money for Rehab. We will supply you with a collection bucket.

### ***Break a world record for Rehab!***

How many Jalapeno peppers can you eat in one minute? How many of you can fit into a mini cooper? If these are some of the questions that are keeping you awake at night, then why not break a world record for Rehab! It's simple once you have decided what world record you want to beat, all you have to do is ask people to sponsor you. The Fundraising Team will supply you with sponsorship cards, a Rehab t-shirt and also help you set up an online fundraising page highlighting your great effort. For ideas on the different records to beat please visit: [www.guinnessworldrecords.com](http://www.guinnessworldrecords.com) .

### ***Host a Rehab House Christmas Party***

Why not hold a Christmas party and invite all your friends and family around. We will supply you with a complete party pack that includes invitations and reply cards. While having fun you can help support Rehab by asking your guests to bring a donation.

### ***Collect for Rehab***

Collections play a huge part in raising much needed funds for Rehab. Join or organise a collection near you and we will provide you with t-shirts, high visual jackets and buckets. The main thing you must do is first of all get permission from where you wish to collect e.g. the local church and agree with them the time and day of collection. Then contact the local garda station and apply for a permit to collect in that area on a particular day.