





Give it up **FOR**

 **FOREVER
MANCHESTER**
CELEBRATING **30 YEARS**

This year we want to raise another £1 million to fund and support community activity across Greater Manchester.

CAN YOU?

-  Give up your time to raise money for Forever Manchester.
-  Give something up and donate the money you've saved to Forever Manchester.
-  Give us something to help us raise money.
-  Give it up for Forever Manchester. Shout about the work we do.

CAN YOU?

Give up your time to raise money for Forever Manchester.

Give up your time to:

1. Take part in our fundraising activities.
2. Go the Extra Mile for Forever Manchester. Run, cycle, swim, climb or abseil.
3. Take part in the Great Manchester 10k Run for Forever Manchester.
4. Come along to our Forever Funny Comedy Nights in April and November.
5. Take part in Captain Manchester's Magical Tombola Monthly Prize Draw.
6. Sell Captain Manchester's Magical Tombola tickets on our behalf.
7. Host an event: a coffee morning, bake sale, quiz night, golf day, go karting, ten pin bowling, office Olympics.
8. Organise a sweepstake for The Grand National and Euro 2020.
9. Shop at **ForeverManchesterShop.com** for gifts that keep on giving.
10. Choose Forever Manchester at **smile.amazon.co.uk**
You shop. Amazon gives.

Give something up and donate the money you've saved to Forever Manchester.

1. Alcohol
2. Smoking and vaping
3. Gambling
4. Chocolate
5. Takeaways
6. Crisps
7. Cakes
8. Buying a coffee
9. Eating meat and animal products
10. Driving to work / taking a taxi

CAN YOU?

Give up something to help us raise money.

1. Give up something we can use as a prize for Captain Manchester's Magical Tombola.
2. Give up something we can use as an auction prize.
3. Give up a percentage of your product's sale price to Forever Manchester.
4. Give up your expertise, and donate your fee to Forever Manchester.

Give it up for Forever Manchester. Shout about the work we do.

1. Join the movement. Get involved.
2. Sign up to our mailing list at ForeverManchester.com
3. Encourage others to sign up to our mailing list.
4. Introduce friends, family, colleagues and clients to us.
5. Follow us and share our posts on



#GiveltUpFor

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Follow us on



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REGULATOR

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