

TAKE PART IN SOME HAIR RAISING
ACTIVITIES

Sue Ryder Care 

Febru-hairy

Sue Ryder Care is taking over February and asking you to join us with some hairy fundraising events!

A few ideas:

- Grow a moustache or beard for the month
- Wear a wig or a joke moustache for a day
- Get sponsored to dye your hair
- Sponsor someone to wax their chest/legs/back
- Have a crazy hair day
- Cut your hair and get sponsored for it
- Dress up as your favourite "hairy" cartoon/film character



For more "hairy" ideas and further
information

visit: www.suerydercare.org

call: 01242 230199

email: duncan.willoughby@suerydercare.org


FundRaising
Standards Board

We care for people with end of life
and long-term conditions:

Cancer, Stroke, Brain Injury,
Multiple Sclerosis, Dementia,
Huntington's Disease,
Parkinson's Disease and
Motor Neurone Disease

For more information
about Sue Ryder Care:

visit: www.suerydercare.org

call: 0845 050 1953

email: info@suerydercare.org

Sue Ryder Care is a charity registered
in England and Wales (1052076)
and in Scotland (SC039578).