



# Back to Basics

REMEMBER WHEN  
FUNDRAISING WAS AS SIMPLE  
AS A SPONSORED SILENCE?

Shhhhhh...

WE'RE BRINGING THE  
BASICS BACK!

**#TEAMKIDNEY**

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From a bake sale, to climbing into a bath of (kidney) beans - less is about to be more!

Here at Kidney Research UK, we believe that sometimes simple is best. Over the years fundraising has evolved. But what about the stuff we all used to do to collect sponsorship?



**Who says that fundraising has to be complicated, sometimes the oldies are goldies!**

Let's get Back to Basics where anything goes and every penny counts! Chances are you'll have a great laugh and make new memories.

Here's some retro style suggestions...

- 'Spot the boss' in baby photos at work
- A bake sale

- A new spin on the swear jar - ban those new annoying phrases that we never would have used back in the day!
- Guess the name of the latest baby among your friends and family - bonus points if you can guess the weight too
- How innovative can you make the trusty tombola? It's a reliable fete classic and it works every time. Sponsored silence or sweepstake at work?
- Doughnut-eating challenge, how many can you eat?
- Have a (kidney) bean-bath!

Choose a classic and put your own spin on it for #TEAMKIDNEY. Get your family, friends and colleagues involved and see how many you can try! Go Back to Basics and don't forget to share your fun online.

**Remember to mention #TEAMKIDNEY**