

All work No play?



THE 9-5 JUST CAME ALIVE!

Take your fundraising to work and
recruit your colleagues (and your boss!)
as top members of **#TEAMKIDNEY**

All work No play?

Make your time
at work more
rewarding by
being a part of
#TEAMKIDNEY!

At Kidney Research UK we take our work seriously and we know you do too. So why not capitalise on your talent and hard work and turn your day-job into some top notch fundraising?

The pressure of business can be tough, but all work and no play makes the office dull! It's time to inject some serious fun back into proceedings...

Speak to your manager and your team and decide what activities would be appropriate and fit nicely with your company culture.

You could try:

- Dress down/dress up day
- A tournament - table tennis, foosball, rounders, anything you like!
- A bake sale - who will be the star baker?
- That half marathon or fun run that a few of you have joked about doing
- Play upon the natural office competitiveness and challenge teams to raise the most money in a set period of time.



It's a match...

Did you know that lots of companies have pledged to match whatever their employees raise for their chosen charities? Don't forget to ask if your workplace can support your fundraising this way.

Set up a JustGiving page for online donations. Through this you can also set up a text to donate code – don't let people duck out of donating to your fundraiser with the excuse of 'no cash!' Share all your fun photos and videos online.

**Remember to mention
#TEAMKIDNEY**



In aid of

Kidney Research UK
Funding research to save lives