

What is The *This is Me* Challenge?



As part of the Big Give Week, Include will host **3 nights full of fun challenges**, called The ***This is Me* Challenge**.



November

28

Join us from **6pm-7.30pm**, on Tuesday 28th November, at St Joseph's Church - **Epsom**



November

29

Or **join us** from **7.30-9pm**, on Wednesday 29th November, at Lime Tree School - **Merstham**



December

3

You can also **join us online** from **8-9pm**, on **Sunday 3rd December**.



During the *This is Me* Challenge night, you can choose to **take part** in **different challenges** - and ask people to **sponsor you**.



Come **dressed** in **something** that **tells** people **more about you**. For example, **fancy dress**, a **T-shirt you love** or even your **pajamas**!



The Challenges

1. The Movement Challenge

Follow Hannah in a Fitness Routine from BoostFit to one of our favourite songs!



2. The Communication Challenge

Come up to the microphone to **share something** that other **people** may **not know about you** and **sign *This is Me***,



3. The Musical Challenge

Sing a verse of one of **The Include Choir Songs solo!**



4. The Selfie Challenge

Get your photo taken in our Photo Frame in **your outfit** or **holding** an **object** that **tells** people **more about you**. **Share it** with your friends!



Choose what **challenges** you'd like to take part in and **ask** your **friends** and **family** to **sponsor you**. We will have **Sponsorship Forms** for them to fill in,



When people sponsor you, or you get a donation during the **Big Give week**, all **donations** are **doubled**. So, when **someone gives £10**, **Include gets £20!**



All money raised needs to be **paid into the Big Give**. You can give **cash** to **Sarah on the night**.



OR people can **scan our QR code** with their phones. This will take them straight to where they can make a **donation online**



Don't forget to **bring cash** to buy some **goodies** or enter Beth's special **raffle** - or just pop some pennies in Ellie's **collecting bucket..**



To **learn more** about the **Big Give** and the ***This is Me Challenge***, **check the email** sent on the **15th November**.



We **can't wait** to **see you** join in with our ***This is Me Challenge***!

Thank you for your help!

