



Thrive in 30

Set yourself a challenge | Push your limits | Make a difference

Example challenges



Step it up - Walk, run or treadmill your way through with a self chosen time/distance



Jam for JIGSAW - Learn or practice an instrument for 30 days



Dance like everyone's watching - join a class or jive in your living room!



Make a splash - Set your own swim limit over 30 days



Yoga or Pilates; master a new pose or do daily practice



Wheel deal - Indoor or outdoor; take on a wheeled challenge

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Take part in a 30-day challenge and your JIGSAW journey to wellbeing. You choose one activity to do across 30 days. You set your own pace. You can do it on consecutive days or take a break; it is your challenge. You could walk a mile, dance in your living room, stretch, draw or create something or try something new.

The challenge is about having fun, feeling good, and building healthy habits. While you take part, you will also raise money for children and young people with additional needs or disabilities and their families. Your challenge will help JIGSAW Thornbury make a big difference.

Share your journey, celebrate your progress, and inspire others. Use #JIGSAWThornbury and #ThriveIn30, and tag @JIGSAWThornbury so we can cheer you on!

Why take part?

Every step, stretch, word, or act of courage helps JIGSAW continue to provide empowerment, friendship, and life-changing opportunities to children and young people with additional needs or disabilities and their families. Anyone can join in. This challenge is free and fully inclusive. Whether you are new to fitness, or prefer creative or mindful goals — your journey is what matters. Your challenge, your pace, your impact.

How to get started ...

Scan the QR code to complete the sign-up form and head to www.jigsawthornbury.org.uk/fundraise-for-us to download your fundraising pack



Social media post examples

I'm taking on the Thrive in 30 Challenge to raise money for JIGSAW Thornbury! 🌟

My challenge is to [insert challenge here] as I push myself, improve my wellbeing and support local children, young people and families.

If you'd like to support me, please consider making a donation using the link below. Every donation makes a difference. Thank you! 💙

I'm nearly at the finish line of my Thrive in 30 Challenge! 🎉

Over the last few weeks I've been challenging myself to [insert challenge here] while raising money for JIGSAW Thornbury and supporting local children, young people and families.

Thank you so much to everyone who has supported, encouraged and sponsored me so far. If you'd still like to donate, there's still time to help me reach my fundraising target. Every contribution makes a difference! 💙

#ThriveIn30 #FundraisingChallenge
#SupportLocalFamilies #AlmostThere
#JIGSAWThornbury

Thrive in 30 Fundraising Guide

Setting up a Just Giving Page

1. Scan the QR code

This will take you to our fundraising page on [JustGiving](#). Log in and start creating your page



2. Fundraising in memory?

Select No and click Next.

3. Taking part in an activity?

Select I'm doing my own activity and click Next.

4. Tell us about your activity

Select Appeal for charity as the activity type and enter Thrive in 30 plus a few words about your challenge, for example walking 5k or daily bike rides.

5. Set your dates and target

Choose your start date and set yourself a fundraising goal.

6. Personalise your page

Add a page title, such as Bonnie's Thrive in 30 Walking Challenge, and write a few sentences about your challenge. Please leave the JIGSAW information underneath in place.

7. Add a photo or video

Upload a picture or video to help promote your page.

8. Launch your page

Check your details and click Launch my page! Start sharing with family and friends!

Prefer to fundraise offline?

Print a sponsorship form and collect donations from friends, family and supporters as you complete your challenge. Don't forget to ask eligible UK taxpayers to complete the Gift Aid section so their donation goes even further. Return your completed form and donations to JIGSAW Thornbury once your challenge is finished. Download your form by scanning the QR code





Thrive in 30 with JIGSAW Thornbury

Choose your challenge. Raise your wellbeing. Make a difference in 30 days

Name:

Challenge:



1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

##JIGSAWThornbury #ThriveIn30

www.jigsawthornbury.org.uk/fundraise-for-us