

70 for 70 Fundraising Challenge

WHAT IS 70 FOR 70?

We're celebrating 70 years of Epilepsy New Zealand – and we want you to be part of it!

As summer approaches, it's a great time to get active, try something new and have a bit of fun. So why not turn your favourite activity into a 70 for 70 challenge?

70 for 70 is a fundraising challenge where you choose something you enjoy and do it 70 times, 70 minutes, 70 kilometres – or come up with your own creative version of 70.

Set yourself a goal, get your friends, whānau or workmates involved, and raise funds to help Epilepsy New Zealand support people living with epilepsy and their whānau now and into the future.

There's no right or wrong way to do your 70 – just choose your challenge, get active and have fun with it.

CHOOSE YOUR 70. TAKE ON THE CHALLENGE. MAKE A DIFFERENCE.

Download your Fundraising Pack here: [70 for 70 Fundraising Challenge](#)

HOW DOES IT WORK?

1. Choose your 70.
2. Set up your fundraising page.
3. Share your challenge.
4. Complete your 70.
5. Help raise funds for people living with epilepsy and their whānau.

NEED SOME IDEAS?

You'll find plenty of ideas in the Fundraising Pack, but here are a few more to get you inspired! Remember, your 70 can be whatever you want it to be – make it fun, make it personal and, most importantly, make it your own. ☒

☒☒ **Make it a summer challenge**



0800 37 45 37



national@epilepsy.org.nz



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70 beach walks	70 lengths on a paddleboard	70 minutes of backyard cricket
70 games of backyard bowls	70 rounds of frisbee	Take 70 sunrise or sunset walks

☒ Creative Challenges

Paint 70 small artworks (and sell them)	Draw 70 pictures	Make 70 cards (and sell them)
Make 70 cards	Knit or crochet 70 items	Learn 70 new words in another language

☒ Workplace challenges – A great way of getting a whole team involved!

70,000 collective team steps	70 laps around the office/building	70 items donated to a community organisation
70 kms together	70 push-ups collectively (post on social media and challenge another company to participate)	Team fundraising target of \$700

☒ And some good “70 for 70” combinations

The Weekend Warrior 70 km over a weekend	The 70-Minute Challenge Choose your activity and keep going for 70 minutes	The 7 x 10 Challenge Do something for 10 minutes, 7 times
The 10 x 7 Challenge Complete your activity 10 times, with 7 of each	The \$70 Challenge Raise \$70 in one day	The \$700 Challenge Raise \$700 in 7 days
The 70 Acts of Kindness Complete 70 good deeds	The 70 Friends Challenge Get 70 people to donate or share your fundraiser	The Team 70 Get a group together and collectively complete 70 of something



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ALREADY FUNDRAISING?

If you have created a Givealittle page, then please let us know at marketing@epilepsy.org.nz

If you want to donate directly into our bank account:

Account name: EPILEPSY ASSOCIATION OF NEW ZEALAND INCORPORATED

Account number: 02 – 0316 – 0132384 – 00

Particulars: Donation

Code: 70 for 70

Reference: Full name

Alternatively, you can give a donation here just select the Donation Allocation Celebrating 70 Years and Beyond.



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