



**Celebrate &
raise funds for**



Take on an **80 themed fundraising challenge** for **Capability Scotland's 80th Anniversary!**

This year we're celebrating 80 Years of Caring – and we want you to be part of it!

80 for 80 is our special anniversary fundraising challenge where you can take on any activity linked to the number 80, raise funds, and help shape the next chapter of our work.

Choose a challenge, raise funds and make an impact.



Why not try...

80km, 80 Laps, 80,000 Steps

Go solo or get your work team, schoolmates or sports clubs involved and walk, wheelchair, run, cycle, or swim an 80 themed distance.

Complete it in a day or over a few months, you make the rules and set the targets!



80 Days, 80 Hours, 80 Mins

How about hosting an 80 minute 80s' themed 'dance-a-thon', complete an 80 hour gaming challenge with friends, or commit to 80 days of yoga.

80 Questions, 80 Cakes, 80 Paintings

Complete a challenge involving your skills or interests, like creating 80 pieces of art for an exhibition, making 80 different treats for a bake sale, or preparing the ultimate 80 question quiz.



Or get creative!

Got your own 80 themed fundraising challenge that you want complete?

Go for it! We'll support you all the way.



The difference you make

The funds you raise will help to us to continue providing expert care and support across Scotland. **Just £80 could provide:**



25 accessible swimming sessions for young people.



A set of sensory and calming fidget toys/curiosity boxes for an adult group service.



Private bus hire for 8 young people to access a trip (museum, swimming, zoo etc).

How to donate



The simplest way to donate is by visiting **capability.scot/donate** and depositing funds you've raised via a debit card payment.



Start your very own JustGiving 80 for 80 page to fundraise with by visiting **www.justgiving.com/campaign/80for80**



To donate cash or a cheque alongside an 80 for 80 sponsorship form please get in touch at **fundraising@capability.scot**



**Thank you for
your support!**

**Remember to share your
#80for80 fundraising
stories on social media**



CapabilityScotland

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Patron: HRH The Duchess of Edinburgh GCVO. Limited by guarantee, registered in Scotland, number SC036524.
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