



CURE
PARKINSON'S



12-day Christmas challenge

1

Decorate Your Desk Competition

Deck out your workspace and compete for the best-decorated desk.

2

Christmas Jar Competition

Fill a jar with sweets, donate to guess how many sweets are in the jar!

3

Christmas Sock Day

Celebrate National Sock Day by wearing your most festive socks.

4

Take part in the London Santa Run

Take part in a local Santa Run
www.thesantaruns.com

5

Ditch the Suit

Donate to dress down in casual clothes or dress up with a fun theme!

6

Festive Bake Sale

Enjoy delicious homemade treats while supporting a great cause.

7

Ugly Sweater Contest

Show off ugliest festive jumper and vote for the most outrageous one.

8

Office Candy Cane Hunt

Donate to join the fun and see who can find the most candy canes hidden around the office!

9

Quiz-mas

Host a festive quiz and have teams donate to enter!

10

Secret Santa

In lieu of purchasing a gift donate to Cure Parkinson's.

11

Christmas Treat Trolley

Roll out festive treats around the office and invite colleagues to donate what they feel is appropriate.

12

Last Hour's Pay

As a gesture of generosity, ask colleagues to donate their last hour's pay before Christmas to Cure Parkinson's.