

Lifestyle

2019

Be an everyday hero!

The Suzanne Asquith - Dream Come True Challenge

Team up with your friends and make a dream come true for someone in your community. First of all, you'll need to find out what they really want and then work out how you can make it come true! There may be people in your local community who are elderly, or housebound, or poorly and you could help to make their lives brighter and easier!

Ideas - you could:

- Help an elderly neighbour in their garden, clean their car or go shopping for them.
- Take flowers or a "get well" food hamper to someone who has been ill.
- Get arty! Hold a craft or painting session. You could then either donate your works or art to a local care home, day centre or hospice or you can arrange your own auction and raise funds to buy some new kit for your local sports club.
- Fund raise for equipment a disabled person may need to make their life easier.
- Paint a mural on a blank wall (with permission of course!) to brighten up an outdoor space at a nursery or playgroup.
- Arrange a tea party to bring your community together and to get people talking, or as a surprise for someone who does a lot of work in your community.

Things to think about -

If you need to raise funds to help make someone's dream come true then why not hold a cake sale, or bingo morning or a sponsored event?

You could also get in touch with charities such as Age UK to find out how you can improve the lives of people in your community.

Could you make more than one dream come true...?

