

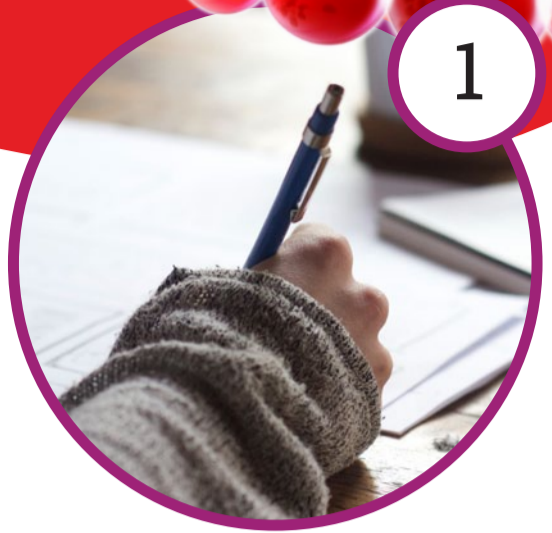
The Big 5 Checklist

This October, join us in celebrating our five-year anniversary

by taking on five big challenges with your family and friends, and finish by donating £5 to our vital research.

We'd love to hear how you get on with your challenges, please send us updates and photos via Facebook Messenger or Twitter, and we'll share some of our favourites! Here's five examples to help get you started...

1



Write a letter to a loved one.

Surprise a close friend or family member by sending them a handwritten letter in the post. You may be surprised and get one in return!

2



Plant a seed or flower and watch it grow

Put on your gardening gloves, dig out your compost, and plant a budding seed or flower and watch it grow. Don't forget to send us your photos.

3



Put on your favourite walking shoes and walk 5 miles

Whether it's a stroll across the coast, or a hike up a hill, it's time to lace up your walking shoes and go for a five-mile walk - but remember to take an umbrella.

4



Hold a socially-distanced event

Download our fun and engaging quiz and socially-gather your family and friends or host an online quiz night!

5



Learn a new skill

There's always something new to learn; a language, a sport, a musical instrument or a new recipe.