

Q1 April to June



Who's the baby? Bring in baby photos of yourself and get together with your colleagues and friends to see if you can match up who's who.



Walk to work Take the stairs, get off your train or bus one stop early and get active.

Q2 July to September



Give a helping hand Over the summer, why not give a little back with random acts of kindness whilst you go about your daily routine.



Stand fast Have you got what it takes to do a 24hr fast or silence? How many of your friends and family would sponsor you for a day of peace and quiet.

Q3 October to December



Wellness days How many of us could do with a well-earned chance to re-energise those batteries. A Christmas raffle with wellness days off work could be the ticket!



Remembrance Christmas tree Give people the opportunity to remember those not with us at Christmas time with a tree for messages and lights in your workplace.

Q4 January to March



PSP bingo Get a full house and bring your colleagues and friends together for a fun game of office bingo.



Afternoon tea There's always time for tea and a remembered story or two with those retired friends and colleagues who would perhaps love a spot of company once in a while.

The challenges your donations solve are very specific and life-changing.



Providing scholarships and bursaries to young apprentices.



Assistance for people battling cancer, including but not limited to: direct financial grants; advocacy and family support.



Advocating with Councils and other Agencies to manage housing or debt crises.



Keeping workers on track when cost of living expenses are impacted by factors outside of their control.



When unemployment strikes, life can change very quickly. We help people transition to new opportunities while they keep mind and body together.



Modifying a home to care for a seriously disabled or ill family member.



Providing additional resources when parents or caregivers are no longer able to provide due to disability or illness.



Assisting people caring for a family member with special needs, and in financial distress.



Providing mobility services and associated modifications for people with disabilities or chronic illness not covered by government grants.