

# 30 DAYS CREATIVE

# HEADWAY ESSEX

Unleash your inner creative genius!

Take on the 30 day challenge and let your imagination run wild – all while raising funds for brain injury rehabilitation and awareness.

Whether you're painting, knitting, snapping photos, singing at the top of your lungs, or dancing like nobody's watching - make it messy, make it bold, make it brilliantly, unapologetically FUN.

Stuck for inspiration? Check out the ideas overleaf.

W: [www.headwayessex.org.uk](http://www.headwayessex.org.uk)

T: 01206 845945

E: [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)



## Stuck for ideas? Try these for inspiration

Sketch, draw or paint every day

Journal or write poems and create a mini e-book

Take photos and sell prints, calendars or cards

Craft, knit or DIY – sell your handmade creations

Sing or learn an instrument and if you feel brave put on a performance

Run a mini art class and donate the proceeds

Host a baking demo – share recipes for a donation or sell treat boxes at the end

Lead a photography walk

Run a writing session – create a shared anthology

Host a pop-up exhibition or online gallery

**You never know where your creativity will lead. Whether you're an aspiring David Bailey or the next Picasso, embrace the journey and enjoy wherever inspiration takes you!**

THANK YOU! We couldn't do this without you.

Your support is changing lives and making a real difference for people affected by brain injury.

