

30 DAYS UNPLUGGED

HEADWAY ESSEX

Ready to shake things up?
Choose one thing you'd
love a little break from for
30 days.

Declutter that overflowing
drawer. Skip the take-out
coffee. Hit pause on the
late-night online shopping
and those sneaky impulse
buys. Feeling brave? Try
a sponsored silence (yes,
really!).

Choose a challenge
that suits you or take
inspiration from the
ideas overleaf.

Turn a small change
into a BIG impact.

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Stuck for ideas? Try these for inspiration

Give up meat – donate the cost of 30 sausages?

No take-out coffee – hello homemade brews!

Do a social media detox and switch-off after 8pm

Swap buying new for pre-loved and see what you save

Take on a sponsored social media detox

Declutter your cupboards and sell on Vinted for charity

Give up alcohol for 30 days – donate what you save

Take part in a sponsored silence

No online shopping (yes, even the “just browsing”).

No impulse buys at the supermarket checkout.

Skip fizzy drinks or sweet treats.

Keep it fun – swap out what you’re giving up for something you can enjoy too!

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.

