



Charity Challenges

Unleash your adventurous spirit



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Join Our Charity Challenge

Help Us Transform Lives Across Scotland!

There are over 175,000 people in Scotland who have learning disabilities, many of whom face social isolation, discrimination, and exclusion. Barriers to education, employment, and inadequate public services make it incredibly difficult for them to lead fulfilling lives. Fewer than a third of adults with learning disabilities can name a single friend, and over half report feeling lonely.

At Enable, we work for an equal society where everyone has the right to live, work and participate in the communities of their choice. We are committed to breaking down these barriers, but we need your help. By participating in one of our thrilling Charity Challenges, not only will you experience an adventure like no other, but you'll also be making a profound difference to the lives of those we support.

Every pound you raise will go towards empowering people with learning disabilities to participate fully in their communities, make friendships, and feel valued.

Your fundraising efforts will help grow our vital community groups, ensuring no one is left behind.

Whether you're leaping from the skies, conquering the trails, or racing on two wheels, you'll be making a real, lasting difference. Join us on an exhilarating journey, and together, we can transform lives.

Thank you for your support, and we can't wait to see you take on our Charity Challenge!

Lianne Williams
Director of Enable Communities



The Abseil

Take a deep breath, embrace the thrill, and descend into an epic challenge!

As you lean over the edge, the wind roars around you and your heart races with exhilaration. Imagine the rush as you descend the **Forth Road Bridge**, the **Glasgow Science Centre**, the **Falkirk Wheel**, or the **Kings Tower** in Aberdeen, with the landscape unfolding in a dramatic panorama beneath you. With every daring drop, you're not just braving the heights, you're making an incredible leap of faith for others. Feel the adrenaline, the cheers, and the satisfaction of conquering your fears for a cause that truly matters.

Are you ready to turn gravity into your ally and make a difference?



Location:

Aberdeen, Edinburgh,
Falkirk & Glasgow



Difficulty Rating:

Edge of your seat,
wind in your hair!



Minimum Fundraising:

£250



The Bungee

Brace yourself for the ultimate heart-racing thrill as you take the leap of your lifetime!

Standing on the ledge, feel your heart thump with anticipation before you make the plunge. The world blurs around you as you free-fall, and the exhilarating whoosh of wind fuels your adrenaline. Just when you think you're reaching for the sky again, the bungee cord snaps you back for an electrifying bounce. Each pulse-pounding second promises to be unforgettable and won't just change your life, it will change the lives of others.

Are you ready to defy gravity and take the leap of faith for charity?



Location:

Glasgow & Perth



Difficulty Rating:

Don't look down....
seriously, don't!



Minimum Fundraising:

£500



The Cycle

Gear up for an unforgettable ride where every mile is a rush of exhilaration, and every pedal stroke brings you closer to supporting our mission.

Feel the burn as you conquer scenic routes or power through bustling streets. With challenging hills and thrilling descents, your ride becomes an adventure that fuels your spirit. Every cheer from supporters and every challenging climb propels you towards an epic finish.

Are you ready to shift into a higher gear and pedal your way to societal change?



Location:

Various



Difficulty Rating:

Sweat, grit and lots of "are we there yet"



Minimum Fundraising:

£150



The Distance

Whether you're taking on a 5k, 10k, half marathon, or full marathon, this isn't just any race—it's an exhilarating challenge that pushes your limits and showcases your unwavering commitment to change.

Feel the rush of excitement as you surge forward, the wind racing past, and the cheering crowd inspiring you at every turn. Each mile is a powerful testament to your strength, your resolve, and the incredible difference you're making.

Are you ready to channel all that energy into a cause that truly matters and make every moment count?



Location:

Various



Difficulty Rating:

Endless bragging rights!



Minimum Fundraising:

£150 (dependant on fees)

The Golf

Grab your golf clubs and get ready to swing for our cause! Step onto the green where every drive, putt, and chip is not just a play for par, but a step towards making a significant difference.

Experience the thrill of a perfect shot, the camaraderie of fellow golfers, and the satisfaction of supporting a fantastic cause. Every hole is a chance to showcase your skills while making a difference. Whether you're a seasoned pro or a weekend warrior, this round of golf blends sport and charity, where every swing fuels impact.

So tee up, aim high, and let's drive change together on the course.



Location:

Various



Difficulty Rating:

All fore the love of golf, tee-rific fun!



Minimum Fundraising:

£150 (dependant on fees)



The Hike

Prepare for a hiking adventure that will elevate your spirit and your view! Strap on your boots and hit the trail, conquering stunning landscapes and challenging inclines.

With every step, feel the rush of fresh air and the thrill of reaching new heights. As you trek through breathtaking scenery, your journey becomes a powerful testament to your commitment and a vital fundraising effort. Reach the summit and celebrate the panoramic views, knowing that each mile supports a worthy cause.

Ready to blaze a trail and make an impact?



Location:

Anywhere your GPS will be confused



Difficulty Rating:

The stairmaster of nature's gym



Minimum Fundraising:

£150



The Kiltwalk

Don your tartan and set off on an exhilarating adventure with The Kiltwalk!

Whether you're tackling the Mighty Stride, Big Stroll, or Wee Wander, you're in for a day of vibrant city streets or stunning countryside. Each mile in your kilt brings the thrill of community and charity together. The lively atmosphere, cheers, and camaraderie make this event more than just a stroll—it's a spirited celebration of making a difference.

Lace up your boots, adjust that kilt, and get ready for a fun-filled day with friends, family, doggies and kiltwalkers from across Scotland.



Location:

Aberdeen, Dundee,
Edinburgh & Glasgow



Difficulty Rating:

Kilt swinging, bagpipe
toting, tartan
extravaganza



Minimum Fundraising:

£150

The Obstacles

Dive into the ultimate test of grit and determination with our epic obstacle courses like the Inflatables, MacTuff, Tough Mudder, or Spartan Race!

Imagine mud-splattered terrain, jaw-dropping challenges, and adrenaline-pumping obstacles that will have you leaping, climbing, and crawling like never before. From towering walls to icy mud pits, each thrilling challenge is designed to push your limits and fuel your competitive spirit. With every triumphant finish line, you're not just conquering obstacles—you're championing a cause.

Gear up, get muddy and make a splash for charity!



Location:

Various



Difficulty Rating:

Teamwork makes the
dream work!



Minimum Fundraising:

£250



The Skydive

Get ready for the sky-high thrill of a lifetime as you leap from thousands of feet, soaring through the sky for a cause that's as exhilarating as the free-fall!

Feel the wind rush past and your heart pound with excitement as you plummet towards the Earth. The parachute deploys and you glide gently back to solid ground. This isn't just a jump—it's a life-changing experience that will make a real difference to the lives of others.

Are you ready to soar to enable others to live the life they choose?



Location:

Fife



Difficulty Rating:

Why did I sign up for this!



Minimum Fundraising:

£500



The Zipline

Strap in for an aerial thrill ride as you zoom through the sky on an adrenaline-charged zipline!

Feel the rush of wind and the exhilaration of flight as you soar high above, capture breathtaking views and experiencing the ultimate high-speed adventure. Each heart-pounding swoosh is more than just a ride—it's a thrilling experience as you step off into the unknown.

Unleash your inner daredevil, embrace the speed, and let your zipline adventure elevate both your spirits and your impact!



Location:

Glasgow



Difficulty Rating:

Wind in your hair, bugs in your teeth



Minimum Fundraising:

£250



The Creative

Ready to unleash your imagination and create a charity challenge like no other? Dive into the thrill of designing an extraordinary event that's uniquely yours!

Whether it's a high-stakes scavenger hunt, a wild underwater adventure, or a quirky costume relay race, your creativity knows no bounds. Imagine virtually climbing Mont Blanc over 982 flights or taking on a real-life epic ascent of Everest—each innovative twist transforms your idea into a memorable, impactful event. Fuel your passion, gather support, and bring your extraordinary challenge to life.

Are you ready to get creative to enable others to live the life they choose?



Location:

The world is your oyster



Difficulty Rating:

Creative overload with a side of organised chaos!



Minimum Fundraising:

£150 (depending on fees)



Let's Get Started

- 1 Choose your challenge
- 2 Start fundraising
- 3 Conquer your challenge
- 4 Submit your donation at www.enable.org.uk/donate





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✉ fundraising@enable.org.uk

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