

# Hosting a social with your team

## Why host a social?

- Team socials are a great chance for you and your group to get to know each other
- It can boost team morale to feel part of a group/community
- Discuss your fundraising ideas in a casual setting

## Ideas

- Pub quiz
- Practice hikes
- Cinema night/movie night
- Group dinner
- Board game cafe
- Fancy dress night
- Team escape room
- Craft night
- Attend a sports game
- Dress as your degree
- Bowling
- Crazy golf

## Make sure your socials are inclusive and welcoming

Please make sure that the socials you organise are inclusive of your whole team. In particular, we recommend making sure your socials are not solely based around alcohol/going to the pub. Try to think of events that everyone in your team can get involved with. If you choose something like a pub quiz, make it clear when inviting people that drinking alcohol is not expected.



## Practice hikes/walks

Many teams in the past have chosen to train for their challenge together through practice hikes and walks. If this is something you want to do, you must consider the following:

- Complete a risk assessment. It is important you know what the potential risks are, and how you plan to manage them. There is a risk assessment template available on our student fundraising hub. If you have any questions on how to do this, let us know.
- Your risk assessment should include communication plans – making sure your family and friends are aware of your plans so they can check in on your wellbeing.
- When you are taking part in an event **not organised** by Meningitis Research Foundation or Choose a Challenge and there are no hired professionals present, every attendee is responsible for their own health and safety. Please encourage your team members to think honestly about whether an activity is too difficult for them prior to attending.

With the right planning, practice walks can be a fantastic way to both prepare for your challenge and get to know your teammates better.