Article

Purple Gunge Challenge

FREE Gunge Giveaway for #WearPurpleForJIA!! Could your School, Workplace, Family or Healthcare Team take on the Purple Gunge Challenge for Children with arthritis?

Our Purple Gunge Challenge is closed for 2026 but thank you to everyone who took part and look out for the return in 2027!

Print

What is the Purple Gunge Challenge?

For our #WearPurpleForJIA day this year we are challenging Schools, Organisations, Families and Healthcare Teams to take on the Purple Gunge Challenge to raise vital funds and awareness for the 10,000+ children living with juvenile idiopathic arthritis (JIA).

Our Purple Gunge Challenge is closed for 2026 but thank you to everyone who took part and look out for the return in 2027!

So, the question is – who will be brave enough to face the Purple Gunge??

Could it be your teachers or students, your sports coach or rheumatology team, your work colleagues or CEO, or even your siblings or Mum & Dad?

Order your FREE Purple Gunge and get involved to raise funds for JIA!

How do I take part in the Purple Gunge Challenge?

In order to take part in the Purple Gunge Challenge, all you need to do is:

1. Order your FREE Purple Gunge* and Wear Purple pack via the link below.
2. Persuade 2 or more people to sit in the Gunge-Seat!
3. Collect donations for each of the people – either online or in collection jars!
4. Gunge Day! The Person with the most donations gets GUNGED on any date that suits you before 31st July 2026!

*We have 20 FREE packs of purple gunge to give away, in return for a minimum pledge of £100.

Collect Online Donations with JustGiving

By setting up your JustGiving page, you can easily share a link with your community to ask them to

vote & donate for who gets GUNGED!

It’s very easy to do – just follow the instructions below…

How do I set up my JustGiving page?

1. Join our JustGiving Purple Gunge Community by clicking here – Purple Gunge Challenge 2026 – JustGiving and click the orange button ‘Start Fundraising’.

2. Create Individual Page – you will be prompted to log in or create a personal JustGiving account – ideally this will be done by one of the individuals being gunged but can also be done by an Administrator who is coordinating the Gunging! When prompted, change the ‘Story’ by adding the relevant names of those in the Gunge-Seat and amending any dates and details as necessary. Click ‘Launch my page’.

3. Create Team Page – Under the title and image of your page, you will see the option to ‘Create Team’. Click on this link. Click through the prompts, amending the information – date, location, those in the Gunge-Seat etc. – and adding images if you wish.

4. Invite Contestants to Team Page – Once published, you can invite the ‘Contestants’ who will be in the Gunge-Seat to join the Team! Click on ‘Edit’ at the top of the Team page. Click on Members, toggle ‘Invite-only’ to on and click on ‘Invite Members’ to copy and share (via email or WhatsApp) the link with the others in the Gunge-Seat!

Once everyone in the Gunge-Seat has become part of the team, you can then ‘expire’ the Administrator’s page if necessary – unless they too want to be gunged! To do this, click on ‘Edit’ at the top of the individual’s page. Click on Page Settings, then Expiry Date to set the date to today’s date. The Administrator’s page will still appear in the list but can no longer be donated to and voted for to be gunged!

5. Share the Link! You will now have a list of names of those in the Gunge-Seat ready to be clicked on, donated & voted for so you can share the link to your Team page with everyone in your community – invite them to donate, vote and come along to watch the GUNGING!!

6. Create a QR code to share – once you have created your JustGiving page just add /qrcode to the end of the url to create a QR code which can easily be shared on posters e.g. Purple Gunge Challenge 2026 – JustGiving

Thank you so much for taking part! If you do have any questions about any of the above, email fundraising@nras.org.uk.

What happens if I don't have a JustGiving account?

If you don't have a JustGiving account, it's very easy to set one up. You just need an email address.

If you would prefer to collect in-person donations the good old-fashioned way, you could have a collecting jar for each of the 'contestants' and pass these around your community in the lead up to Gunge Day! You can then pay in any funds raised online here – Donate Now – JIA.

If you do have any questions about the above, email fundraising@nras.org.uk.

What will I need for the Purple Gunge Challenge?

The Gunge Challenge is very simple – but can get a little messy!

All you will need is:

1. Your FREE pack of Gunge which you can order here. The Purple Gunge will be shipped separately directly from our suppliers, MessySupplies, and it will take between 5-7 business days to arrive. You will receive emails to let you know when it's on its way! The Purple Gunge comes in powder form, to which you will need to add 10 litres of warm water. Instructions for mixing the gunge can be downloaded here.
2. A bucket big enough to hold 10 litres of Gunge
3. A tarpaulin or dust sheet to put on the ground to contain the gunge! These and other essentials are available to purchase online here.
4. 2, 3, 4 or more willing 'contestants' to sit in the Gunge-Seat
5. A date for the Gunging – you can choose any date that suits you before 30th September 2025. Be sure to advertise the date so you can gather a big crowd and leave yourself plenty of time to collect donations! You will receive a poster in your pack or can download a copy here.
6. A shower would be ideal – but not always necessary..!
7. A method to collect your donations – this can either be online via JustGiving (instructions above) or you can do it the old-fashioned way, via Jam Jars with names on..! Pass them around, count up the donations and hey presto, the person with the most donations gets GUNGED!!
8. One seat per contestant – make sure these can be easily cleaned!

9. Chief Photographer – what would a Gunge Challenge be without a video? Be sure to share it with us via our socials and use our hashtag #WearPurpleForJIA or by emailing fundraising@nras.org.uk!
10. Some willing Gungers to pour the Gunge! – these could be year 6 students, heads of house, receptionists or juniors – or you could pull names out of a hat! If they're relatively short they may need to stand on a chair (safely!) – and then 3, 2, 1….GUNGE!!

How do I mix up the Gunge?

The Gunge powder you receive will make 10 litres of MS»Gunge

Mixing Instructions:
MS»Gunge powder reacts very quickly to water; speed is vital once the powder and water combine.

To prevent lumps forming, we recommend using an electric hand mixer but it can also be done by hand.

1. Fill a bucket with 10 litres of lukewarm water and start the mixer, creating a whirlpool effect.
2. Quickly pour the powder into the whirlpool which will encourage the powder to sufficiently disperse and prevent lumps forming
3. You'll see the water quickly thicken. Move the mixer around to stir the solution.

If the gunge is too thick, add a little warm water and stir briskly to thin down the gunge.

Handy Tips & Advice:
• Use lukewarm, not hot water. This allows a little extra time to stir and combine the powder with water.
• It's best to use an electric mixer as this will breakdown any lumps that form.
• If small lumps do form, either remove using a sieve or spoon and place in the bin. Or, using an electric hand mixer, whizz the gunge until the lumps have separated.

You can watch a video of how to mix up the Gunge here.

How do I dispose of the Gunge?

MS»Gunge is naturally biodegradable and environmentally friendly.

Disposal is quick and easy.

Dilute with plenty of water and pour down the drain/toilet.

To prevent temporary blockages, be sure to use plenty of water when diluting.

Where can I buy all the Essentials if I need them?

If you don’t have a bucket, tarpaulin or dust sheet to hand or would prefer to use a hand whisk rather than your hand, you can buy everything you need for the day through our suppliers Messy Supplies here.

What if I would like to order more Gunge?

Are you keen to gunge more than one person? Or perhaps you had so much fun the first time around, you’d like to do it again?!

You can easily order more Standard MS»Gunge through our suppliers Messy Supplies here.

Safety Advice

• The MS»Gunge is supplied by MessySupplies. Their products are non-toxic, non-allergenic and approved for use on all skins, hair types and clothing. We cannot guarantee however, that reactions will not occur as a result of using these products and we advise suitable research of participants and, if needed, testing prior to use. Do not take internally.

• Please use responsibly and adhere to local regulations and safety protocols. Data sheets are available here.

• In liquid form these products will be slippery. Exercise caution on hard flooring and ensure there are no sharp or hard objects in or around the usage zone, taking precautions to eliminate any injuries as a result of slip hazards.

• We highly advise all customers to take necessary precautions such as protecting floors, furniture and furnishings with dust sheets, tarpaulin, protective mats etc. There is a selection of protective equipment available here.

• Products shouldn’t stain, however MessySupplies cannot guarantee this, so self protection is advised by wearing old clothing, or using clothing protectors or eye protection. Always wash clothing immediately after use to prevent staining.

• There is a slip hazard and some residue may remain on floors until properly cleaned.

• If using on stage or in a studio, we advise protecting recording & filming equipment, lighting and any theatre or studio equipment including curtains, backdrops and monitors. Check all studios and theatres safety precautions before use and ensure electrical points are protected.

• Never use liquid products close to mains electrical equipment or near exposed electrical points or cables.

• All products are suitable for use by persons of 3+ years and up. Adult supervision is always recommended.

Other Gunge FAQs?

Is MS»Gunge environmentally friendly?

Yes, MS»Gunge is naturally biodegradable and environmentally friendly. Be sure to dilute with plenty of water when disposing of the gunge down the drain/toilet.

How do I Clean my Clothes, Hair & Skin?
Before washing your clothing, remove any excess gunge. Gunge naturally dilutes in water, so the quickest and easiest way to do this is in the shower while cleaning off. Just wash as usual! To prevent staining, wash clothing shortly after use. Do not let the clothing dry before washing as this could cause the clothes to stain.

Floor & Surface Protection:
We recommend you protect your environment by laying tarpaulin, dust sheets or towels. Some surfaces will become slippery during and after use, so anti-slip matting is also advised. If spillages do occur, remove the excess liquid and carefully rinse with warm soapy water and any, if needed, household stain remover.

Can I download any other resources?

Download the Purple Gunge Challenge Flyer to share and entice more friends, family and colleagues to take part here!

Download our #WearPurpleForJIA poster, add the details of your event and display it at school, work or in your health centre to help advertise your event.

Download a copy of our #WearPurpleForJIA Sponsorship Form to collect cash donations and contact details so we can boost your donations by 25% with Gift Aid.

Download this short PowerPoint Presentation about JIA to let your school, friends and work colleagues know a little more about JIA. You can easily amend and add to this presentation, show it in assembly or share in a work meeting.

Visit our Online Shop to download free information leaflets about juvenile idiopathic arthritis (JIA).

More #WearPurpleForJIA Fundraising Ideas

How do I donate my funds?

There are different ways you can pay in the funds you have raised from your #WearPurpleForJIA fundraising activities.

Set up a JustGiving page to easily collect donations online. Instructions are above. Any donations

collected via JustGiving will come directly to us.

Download a copy of our #WearPurpleForJIA Sponsorship Form to collect cash donations and contact details. Please send the completed sponsorship form in the post so we can boost your donations by 25% with Gift Aid.

If you collect cash, the easiest thing is to pay it into your own account at the bank or post office and then pay the funds in online by clicking on the link here and selecting ‘Pay in Funds’. You can also send a cheque. Further details are below.

All cheques need to be made out to NRAS, and sent to our office in Maidenhead. So please ensure your school or workplace has this information if they are taking part.

More details below on paying in funds:

Online

Online through our website: The easiest way to pay your funds in online is by clicking here and select ‘pay in funds’.

Online by BACS transfer: Using the details below, you can make a BACS transfer from your account to the NRAS account.

Account Name: The National Rheumatoid Arthritis Society

Sort Code: 40-31-05

Account Number: 81890980

Don’t forget to notify the fundraising team of your donation so we know to look out for it: fundraising@nras.org.uk

By Phone

Pay your money via credit or debit card directly by calling NRAS on 01628 823524 and press 2 for fundraising.

By Cheque

Please send a cheque made payable to ‘NRAS’ and send to: Beechwood Suite 3, Grove Park Industrial Estate, White Waltham, Maidenhead, SL6 3LW. Please remember to write your name and address on the back of the cheque.

Connect online

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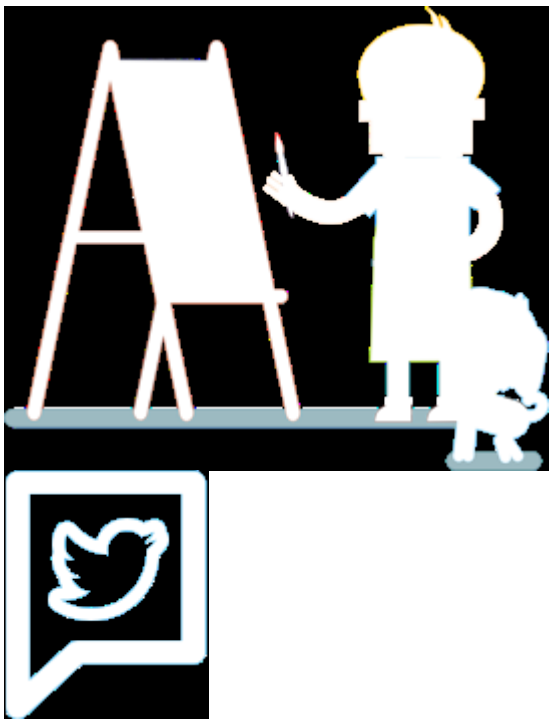
Join a community of over 3,000 people



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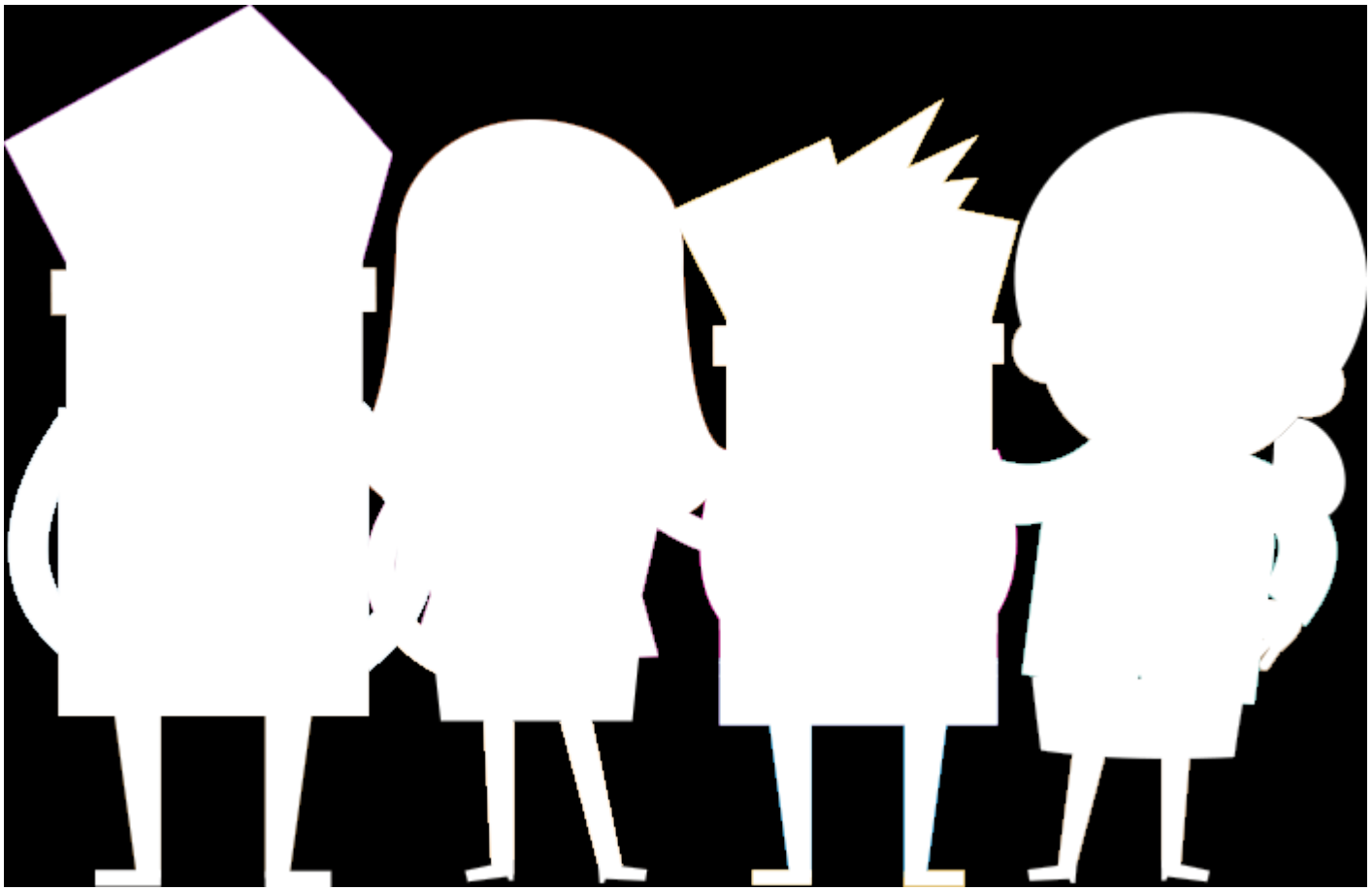

HealthUnlocked

Ask questions and interact with others in our forum

NRAS in 2023

- 0 Helpline enquiries
- 0 Publications sent out
- 0 People reached