

In need of some fundraising inspiration? Our A to Z of ideas will get you started

G

Golf Day – get a round in with friends or business contacts. If you're a future captain, choose us as your charity of the year.

Give Regularly – choose an amount you can afford and make a monthly donation. Every penny helps us support patients and their families.



A

Afternoon Tea – are scones and tiny sandwiches your jam? Invite your besties over for a spot of afternoon tea and ask for a donation in exchange for sweet treats.

Aerobics Class – head to the aerobics studio or host a class online and donate the fees. Theme the class and add post-workout refreshments to raise even more.



H

Hike – organise your own sponsored hiking event or take part in one of ours, such as our Snowdon Sunrise Trek.

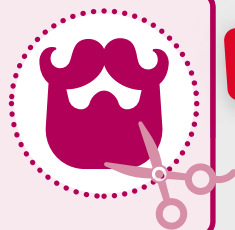


How Many – whether it's sweets in a jar or balloons in a car, theme your game accordingly and ask everybody to take a guess.

B

Birthday – instead of gifts, ask family and friends to make a charity donation on your behalf. A gift that gives twice.

Beard Shave – if you're the proud owner of an iconic beard, ask friends and family to sponsor you to go for a clean shave.



I

International Potluck Lunch – celebrate different cultures and sample some tasty cuisine. Ask everybody to bring their signature dish and get together over lunch.

Illustration – are you a talented artist or hoping to make something more of your hobby? Offer bespoke illustrations or design greeting cards to sell online.

C

Coffee Morning – everybody loves coffee and cake. The perfect opportunity to catch up over a cuppa at work, home or school.

Car Wash – get your buckets and sponges out and ask friends and neighbours if you can wash their car in exchange for a donation. Better still, rope them in to help you clean even more.



J

Jumble Sale – gather a group and put your unwanted clothes, books and homeware up for sale. You might even snap up a second-hand bargain of your own.

Jewellery Making – get crafty and make your own jewellery to sell. Already a professional jeweller? Add an option to donate to us via your website or host a jewellery making workshop.



D

Dress Down Day – whether you're heading to school or the office, dress down (or up) for the day.

Danceathon – get your dancing shoes on and dance until you drop. The perfect fundraiser to do by yourself or in a larger group.



K

Kick A Habit – challenge yourself to give up a habit and get sponsored to do so.

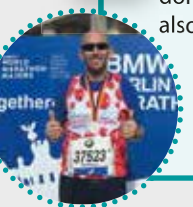
Knitathon – grab your crafty pals and get knitting. Sell your beautiful creations and donate the proceeds.



E

eBay – clean out your cupboards, sell your finds and then donate the proceeds to us. A double whammy, as you'll also have more space at home.

Endurance Challenge – whether it's walking, running, squatting or swimming, set yourself a challenge and ask for sponsorship to keep you going.



L

Loose Change – pop your loose change into a jar and it'll soon add up. If you know a local business who might be able to put one of our tins next to their till, get in touch.

Lawn Mowing – offer to mow your neighbours' lawns in exchange for a donation. They'll be grateful to tick it off their to-do list and you'll be raising funds to help our patients.



F

Football Match – organise a charity match or a five-a-side tournament. Get spectators involved by organising a penalty shoot-out after the game.

Film Night – grab the popcorn, stream your favourite movie and settle in for the night with friends. Make it a singalong event or take the big screen outdoors.



M

Matched Giving – ask your employer about matched giving. Whether you're raising funds inside or outside the office, they may be able to double your donation.

Masterclass – do you have a skill that sets you apart? Whatever your talent, host a masterclass and charge a fee for attendees to learn from you.

N **Network** – not in a position to fundraise right now? Take the opportunity to tell friends, family and colleagues about how they can support us.

Name Game – it doesn't matter what it is, whether it's a teddy or a tiger! Ask friends to pay to guess the name.



U **Unplug** – are you addicted to your phone or television? Get sponsored to completely ditch the tech for 24 hours.

Upcycle – transform old objects into something new and donate the profits. You might even find yourself a new hobby in the process.



O **Office Olympics** – split your office into teams, line up some office-style events and let the games begin.

Online Fundraising – whatever challenge you take on, set up a JustGiving page and share it far and wide to see how much you can raise. Almost anything can become an online fundraiser.



V **Virtual Fundraising** – jump on a spin bike and tackle the Tour de France or take to the treadmill and run the equivalent of the London Marathon.

VIP Ball – invite some very special guests and along with ticket sales add a raffle, auction or games to boost your fundraising.



P **Pedal** – hop on your bike and join an organised event, or plan a route of your own.

Payroll Giving – ask your company about payroll giving, it's an easy and tax-free way to donate.



W **Walk To Work** – go green and walk to work instead of driving or taking public transport. Donate what you would have spent on petrol or your train ticket. Better still, ask your colleagues to join you and do the same.

Wedding Favours – ensure your big day extra is special and donate on behalf of all your wedding guests instead of traditional favours.

Q **Quiz** – put your knowledge to the test and organise a quiz night.

Quiet Please – if you're the office chatterbox or your teacher is forever asking you to be quiet, a sponsored silence is the fundraiser for you.



X **Xbox Night** – gather your friends and host a gaming marathon or organise a tournament and invite people to play in exchange for a small donation.

Xmas – it's the most wonderful time of the year! Join in with our annual Jolly Jumper Day, invite small businesses to sell their wares at a Christmas Fayre or host a Mince Pie Mingle.



R **Raffle** – a raffle is the perfect standalone fundraiser or a great addition to any event. Use your network to sell tickets and ask local businesses to donate fabulous prizes.

Run – any distance at any time, whatever challenges you.



Y **Yes Day** – ask friends, family and colleagues to sponsor you to say 'Yes' for a day, no matter the question.

Yoga Class – are you a yogi? Organise a one-off class in your community or ask your local yoga class to get involved in a yoga marathon.



S **Sponsored Steps** – set yourself a daily goal or choose a distance to reach in a month and get sponsored to do so.

Sweepstake – a super simple fundraising idea, perfect for at work or with family and friends. Everybody pays to take part and there's a prize for the winner and a donation to our charity when it's over.

Z **Zumba-thon** – get your local gym, or sports centre involved, donate the usual cost of a class and get your Zumba on.

Zip Wire – if you're an adrenaline junkie or just ready to face your fears, find your local zip wire and get sponsored to take on the challenge.



T **Teddy Bear's Picnic** – invite your friends to bring along their chosen teddy to enjoy a picnic. Rumour has it, marmalade sandwiches are a favourite.

Tandem Skydive – take to the skies. A once in a lifetime experience you won't forget in a hurry.



Get in touch to find out how you can support us
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Registered Charity
 No. 1160875

