

Twenty fundraising ideas to get you started

There are loads of ways you can raise money. To get you started, the list below gives just a few ideas of stuff people have done before. Just remember: get people involved, be shameless and keep talking about what you're planning.

And remember, you're doing a good thing for a great charity!

- 1. What's on tonight...**
 - Be sponsored to miss your favourite TV programme for a month.
- 2. £5 draw.**
 - Get everyone to write their name on a £5 note, put them in a hat and draw a winner. They get 25% of the takings, the rest can go towards your target.
- 3. Shhhhhhh!**
 - Have a sponsored silence.
- 4. Climb every mountain.**
 - If you work in a high-rise building, be sponsored to take the stairs for a month.
- 5. Catchphrase challenge.**
 - Write some famous phrases from TV and film and charge people to pick a phrase out of a hat. Their challenge? Use the phrase when they talk to a customer, lecturer or boss.
- 6. Dress down / Dress stupid day.**
 - Organise a dress down day, or get your mates to sponsor you to dress stupid on a night out.
- 7. We all love a quiz...**
 - Get your mates together down the pub – or do it by email. Ask them to pay £2 and answer 50 questions. The winner gets half the money, the rest can go towards your target.
- 8. Sweepstakes.**
 - Run a sweepstake for the Grand National, the football or for how long it takes someone you know to come out with a classic cliché – and put half the takings towards your target.
- 9. Food and a film.**
 - Charge your mates to come round for food and a film, and wait on them hand and foot.
- 10. Quit it!**
 - A smoker? A compulsive chocolate eater? Quit for a month and get everyone to sponsor your efforts. (But warn them to stand well back...)
- 11. Baked bean / Pot Noodle competition.**
 - How many beans or noodles can you eat in a minute with a cocktail stick? Get everyone involved, charge them £2 enter and then crown the winner.
- 12. Post-Christmas swap-shop.**
 - Don't want those paisley pyjamas nanna brought you? Hold a post-Christmas swap-shop with people donating money to take part.
- 13. Bad hair day.**
 - Hold a bad hair day and charge everyone who takes part.
- 14. Shave it! ...I said SHAVE IT!**
 - Get sponsored to shave your head, or your chest, or your armpits or...
- 15. One day fast.**
 - Be sponsored to go on a 24hr fast.
- 16. Mini Olympic challenge.**
 - Get everyone involved in a mini Olympic challenge. Think up some fun competitions such as chair-racing, who can punch most holes in a sheet of A3 in a minute, or who can cover themselves in the most post-it notes.
- 17. SMILE!**
 - Run a caption competition on pictures taken from your last big party, and charge people to enter.
- 18. F\$%K it!**
 - Create a swear box with a £1 fee for every bad word uttered.
- 19. L.A.N Party.**
 - Get your work mates to bring their game consoles to work. Set them up and charge people to play.
- 20. Ask your mates.**
 - Get their ideas on how you can reach your fundraising target.