

Cystic Fibrosis a fight we must win

A to Z of fundraising ideas

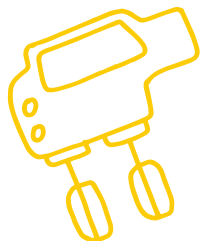
A.

- **Aerobics-athon** – Have fun and stay fit and healthy.
- **Auction** – Organise your own fundraising auction. Why not auction off your talents for the day? Or even auction off your boss!
- **After party breakfast** – Serve bacon sandwiches and coffee the morning after a staff party.
- **Afternoon tea** – Cake and scones anyone?



B.

- **Bad hair day** – A perfect excuse for an extra hour in bed...forget the hairbrush with a sponsored bad hair day.
- **Black tie gala** – Are you a master of organisation? Why not hold a glamorous ball?
- **Bingo** – Organise a bingo event – devise your own calls for the numbers. Charge a fee per game.
- **Beard shaving** – We're sure there's that one face in the office you'd like to see more of. Get out the clippers for a sponsored shave.
- **Bag packing** – A fun day for all, helping the community and shaking those buckets!
- **Beach party** – We all love the sun so why not bring the beach to the office, decorated all things summer and hula your way to home time.
- **Bad tie day** – Pay to display an outrageous tie or better still pay to have it removed.
- **Battle of the bands** – Fancy yourself a musician? Gather friends and hold a concert raising money to take part or possibly money to leave!
- **Bring and buy sale** – We all love a bargain!



C.

- **Cake bake** – Who doesn't love a cake sale? Why not make it a competition?
- **Car wash** – How many could you clean in a day?
- **Carol singing** – Let the children and the neighbours join in some festive fun with a bucket shaking carol night.
- **Coffee morning** – Wake yourself up with a coffee, biscuits and a good old morning get together.
- **Comedy night** – Let's hope your friends cry with laughter and not at your bad jokes.
- **Come dine with me** – If you're a budding Master Chef, cook up some of your favourite dishes to sell to friends and family.
- **Celebrate and donate** – Instead of gifts ask for a donation.
- **Cocktail party** – An excuse for a family get together and why not design your own menus with a prize for the winner?
- **Clothes swap** – Always fancied your friend's dress she never wears? Donate and swap a whole new wardrobe.
- **Casino night** – A friendly night of fun, but who's donating their winnings?
- **Ceilidh** – Dance and sing for a night of frocks and fun.

D.

- **Dress down day/fancy dress** – Dress up/dress down – just do something different and pop your £1 in the pot.
- **Dare your boss** – Ever thought how your boss would cope taking on your role? Hand out those sponsor sheets for a fun-filled day.

E.

- **Easter egg hunt** – Make your own maps, games and prizes.

F.

- **Face painting** – Attend a local club or community centre and try your hand at face painting while raising donations.
- **Football match/five-a-side football** – Does your husband think he's somewhat of a Ronaldo? Bare those legs with a sponsored football match.
- **Food tasting** – Are you the world's worst cook? Dare your friends for a night of blind-folded food tasting.
- **Fashion show** – Always wanted to walk that catwalk? Get out the frocks and set up your very own fashion show.



G.

- **Girl's night in** – Pay to be pampered or swap the night out funds for a night in jar.
- **Give it up!** – Alcohol or chocolate, there's something we could all be sponsored for giving up.
- **Golf day** – Fancy yourself a 72 hole champion?
- **Garden party** – Charge for the BBQ.

H.

- **Head shave** – Be brave, be bold and go bald!
- **Hula hoop contest** – Can you be the last to stop?
- **Halloween party** – Get in the community spirit for a night of frights & fun.
- **Hogmanay** – Celebrate your fundraising by throwing a party.



I.

- **I camembert it!** – Bring a bottle, some French smelly cheese and a small donation.
- **Irish night** – Dance the night away putting your £1 in the pots.

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J.

- **Jewellery making** – Get the children involved with a little crafty fun to sell in the community.
- **James Bond night** – We love a themed party, do you?

K.

- **Karaoke** – Take to the stage with a Karaoke night. Pay to get on or pay them to get off!

L.

- **Lunch** – Bring a dish to work day.



M.

- **Mulled wine and minced pies evening** – A favourite of the festive season!

N.

- **New year's resolutions** – We can all be sponsored to give up or start something new!
- **Netball tournament** – Keep fit, have fun & charge per game!

O.

- **Obstacle course** – Have fun with an obstacle course and get sponsored too. We can provide you with a sponsorship form.



P.

- **Pub crawl** – How many pubs (not pints!) can you shake your buckets in?
- **Plant sale** – Green fingered? Why not sell your spare plants or cuttings and donate the money.
- **Pyjama day** – Fun for the office or school. Charge per person.
- **Pop-up beauty salon/pamper day** – Are you the master of make-up or a beauty queen? Charge friends and family for a night of pampering.

Q.

- **Quiz night/pub quiz** – Are you the quiz master? Charge a fee per round.



R.

- **Recycled fashion show** – Swap, sell and parade.
- **Race night** – Hold a race night and have fun seeing if your horse wins.
- **Raffle** – Why not hold a raffle and ask for donated prizes. Make sure you check the legalities with the Charity though.

S.

- **Sweepstake** – Some friendly fun on the Grand National? Pay to play.
- **Santa fun run** – Grab your Santa suit and walk, run or even take a dip in the sea to raise funds!
- **Skills auction** – Donate your skills! Works well in the office.
- **Sponsored swim** – Do you take part in a local swimming club? How many lengths can you achieve in an hour?
- **Summer fair** – Pop up a stall and get crafty.
- **Superhero day** – Always wanted to be superman? Encourage the office/school to take part and charge a fee.

T.

- **Treasure hunt** – Create a treasure hunt and challenge your friends to find what you have hidden. Pay to play.
- **Talent competition** – Sing, dance, magic – you name it, you can raise funds showcasing your talents inviting along family and friends.

U.

- **Uniform free day** – Ditch the uniform for some fun, an easy way to involve your school.

V.

- **Virtual marathon in the gym** – Tag team or go alone, how many miles can you run in 24 hours?

W.

- **Wacky onesie day** – An excuse to stay in those Pj's! Bring home to the office and don't forget your £1.
- **Wear a colour day** – Pick a colour theme and dress to impress, may we suggest Yellow!
- **Wax it!** – Ouch...Now this is worth a sponsor.

X.

- **X Factor competition** – Hold a contest to showcase the talents of your friends and family! Organise a collection or charge at the door for entry.



Y.

- **Year to remember** – do something every day of the year to make it one to remember.
- **Yes day** – say yes to everyone's demands (within reason).

Z.

- **Zumba** – Shake those hips and shake those buckets.