



B - Bath of baked beans

D - Disco

F - Fancy dress

O - Open garden day

S - Sports day

A-Z of Fundraising ideas!

A

Awful tie competition
Auction of promises
Aerobics
Art competition

B

BBQ party
Bring and buy sale
Barn dance
Board games
Bath of baked beans

C

Car boot sale
Car wash
Coffee morning
Collection box at work
Cheese & wine evening
Christmas carol singing
Christmas card sale

D

Dress down day at work
Disco
Dinner party
Dance-a-thon

E

Eighties night
Easter egg hunt
Ebay sale

F

Football tournament
Firework display
Fancy dress party

G

Garden open day
Garden party
Golf-a-thon
Guess the baby photo

H

Heart UK healthy walk
Hundred club
Head shave
Halloween party
Hockey tournament

I

Ice cream sale
Irish dancing competition
Ice skating competition

J

Jumble sale
Jeans day at work
Job swap

K

Karaoke
Knit-a-thon
Keep fit evening

L

Leg wax
Letter party (alphabet letter which everyone has to dress like something beginning with that letter)

M

Matched giving
Masked ball
Musical recital

N

Non-uniform day
Nature trails
Nut cracking competition
New Year's Eve party

O

Open gardens day
Origami lessons
Odd clothes day
Old fashioned dance night

P

Pub games/ pub crawl
Pyjama party
Penny mile (collect coppers and see how far you can make them stretch)

Q

Quiz night
Quick repairs
Queen party
Question of sport

R

Redlaces day at work
Raffle
Race night
Read-a-thon

S

Strawberry tea
Slave auction
Salsa night
Sports day
Summer ball

T

Treasure hunt
Tombola stall
Trivial pursuit night
Themed nights
Tournament

U

Unwanted gift sale
Unicycle race
University challenge

V

Victoria sponge competition
Valentine's Day party
Violin concert

W

Welly throwing competition
Wine tasting evening
Window cleaning
White elephant stall
Walk a dog

X

Xylophone concert, Xmas ball

Y

Yacht race - how about paper boats?

Z

Zany things



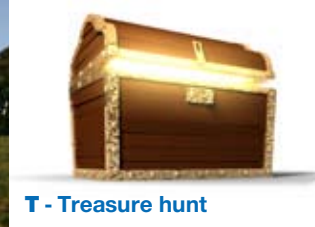
B - BBQ party



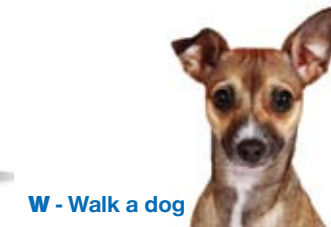
H - Healthy walk



S - Sports day



T - Treasure hunt



W - Walk a dog

Fundraising tips

1 Start as early as possible!

Always carry a sponsorship form with you and don't be afraid to ask!

2 Set up a Justgiving webpage

If you haven't already done so, set up a Justgiving webpage (www.justgiving.com). (Information on how to do this is on a postcard enclosed in the welcome pack). Supporters can then sponsor you securely, quickly and tax-effectively online.

Here's an idea: why don't you put the web address of your justgiving.com page in all your Christmas cards (H·E·A·R·T UK ones of course!) which you send to family and friends. Or you could send your Justgiving address to all your email contacts with the link to encourage them to sponsor you online.

3 Enlist the help of others

Enlist the help of others – get them to take sponsorship forms to their places of work or to their friends and family

4 Ask your boss

Ask your boss if he would match the donations you collect pound for pound

5 Have a high profile

Have a high profile. Contact your local newspaper or company newsletter and tell them about what you are doing and how readers can sponsor you. A sample press release can be obtained from H·E·A·R·T UK on request – **0845 873 9597**

6 Get in touch

Get in touch with H·E·A·R·T UK's fundraising team for more help and advice with your fundraising. If you require any fundraising materials such as collecting tins, posters, stickers or simply for more information about the charity please do not hesitate to contact us and let us help you as much as possible. The direct marathon line is – **0845 873 9597** or you can simply email - cj@heartuk.org.uk

