Fundraising Ideas

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| **Physical Activity** | A blue bicycle with a black background  Description automatically generated with low confidence |

Why not run a personal or team sports challenge? You could try:

* Walking
* Running
* Cycling
* Swimming
* Zumba
* Dancing
* Press-ups
* Football
* Rugby
* Netball

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| **Crafts** | **A picture containing laser  Description automatically generated** |

Why not run a craft group or event? You could:

* Host an arts and crafts session and charge people an entry fee.
* Decorate the space around you and organisation a competition with your friends on who has the best decorations.

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| **Coffee and Cake** |  |

Why not put your baking skills to good use and raise some funds? You could:

* Challenge your friends to a bake off and sell the goods.
* Organise a bake sale or coffee morning.

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| **Re-use, Re-gift and Raise Funds** |  |

Why not organise a raffle or tombola? Or hold a garage or yard sale? You could:

* Rummage through drawers and garages to find those forgotten about belongings.
* Ask people to re-gift those presents that “weren’t quite their thing”.
* Ask local businesses if they may be able to donate goods or a voucher for their service.

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| **Other Creative Ideas** |  |

* Shave or wax your head, beard, chest arms or legs and ask for sponsors.
* Auction off services in your office. You could be a tea-maker, lunch grabber, post sender. Or find out the talents of colleagues and see if they will auction off training sessions to help you raise funds!
* Ask colleagues to pay to express their bad taste and come to work wearing the worse tie or vibrant clothes.
* Don’t leave your used books on the shelf – books are made to be shared. Why not host an office book swap day? Promote around the office and encourage everyone to bring in their own books. Make a donation to participate and get swapping!
* Get a picture of a celebrity or your boss (if they agree) doing something unusual and ask people to submit a caption for a donation. Provide a small prize for the best caption.
* Be a wine connoisseur for the night and charge an entry fee for colleagues to try some of the loveliest wine and cheese that you have on offer.
* Share your culinary talents, cook your speciality dish and bring it into work to sell to your colleagues. It could be a dish that’s been in your family for generations or something you just love to cook. Sit down for lunch together and take this opportunity to connect with colleagues that you don’t normally chat to.
* Give up something you love for a good cause! Avoid chocolate, alcohol, Facebook, using the lift – choose your challenge and ask your friends and family to show their support by sponsoring you.
* Hosting a quiz at your local pub is easy to organise and a lot of fun. Be creative with quiz rounds; musical bingo, Family Fortunes or The Generation Game. Ask teams to make a donation to enter, fine people for checking mobiles and organise a raffle or auction on the night. Prizes go to the team with the highest points and best team name.
* Hold a simple sweepstake on any event: The Grand National, X-Factor, the length of your Senior Partner’s speech at the next team meeting. Charge to enter and split the money between the winner and the charities.
* Create a Joke Box to guarantee a laugh in exchange for £1! Print lots of jokes out and ask your colleagues to donate £1 to pick one from the box.
* Did you know that a smarties tube can hold 27 pound coins? Why not offer your colleagues some chocolate in exchange for them filling the tube? How much you can raise from other confectionary containers?

We hope those ideas have got you started on your route to fundraising success and having lots of fun while you are at it!

Thank you for your support!

For further information about how to donate to Leicester, Leicestershire and Rutland Mind, please contact us at: [info@llrmind.org](mailto:info@llrmind.org)