



**PROUDLY
SUPPORTING
PEOPLE WITH ALL
NEUROLOGICAL
CONDITIONS**

A-Z of Fundraising

Arts or Crafts Stall

Let your imagination go wild and reap the rewards. Try making greeting cards, pottery or jewellery to sell.

Bungee Jump

Conquer a fear or just make a memory and get people around you to sponsor you to do a Bungee jump.

Cupcake Sale

Let the inner bake god or goddess come out and get baking the best cupcakes you have ever made. Sell your cupcakes to friends, family or work colleagues.



Demote the Boss

Set up a sponsor template and ask your work colleagues to sponsor your boss to work behind reception for a set amount of time or work in the mail room. Talk to your boss first and make sure they agree!

eBay

Why not put together all those clothes you never wear anymore or those things around the house that aren't being used and sell them on eBay?

Fashion Parade

Fancy yourself as a bit of a fashionista? Why not grab a few friends and put on a fashion show?



Give up Something

Give up something you find very hard to live without for example CHOCOLATE or your mobile phone for a period of time (a week is a good challenge) and get the people around you to sponsor you.

High Tea

Organise a delicious high tea for you and your friends. You could bake it yourself or approach businesses to help you out.

International Food Nights

Choose a country or nominate each person a country and host a dinner keeping with those countries traditions. Cook themed meals, have themed table decorations and wear appropriate clothing.



Jog/Run Sponsoring

Keep a record of kilometres you jog or run and have the people around you sponsor you for the distance you jog or run.

Karaoke competition

Rent a karaoke machine and hold an event in your local pub, school hall or home. Sell tickets or make it a competition and charge people to enter.



Luncheon

Invite everyone in your workplace, school or street to a grand lunch (for a small fee). Make some delicious sweet treats and nibbles. This could work especially well in an office, where people will appreciate an unusual break in the middle of the day.

Matched Funding

Many people work for companies who will match funds raised by their employees for charitable organisations. Check with your HR Manager to see what programs are in place. Alternately, your company may choose to support you in other ways such as doing a feature article on your efforts in the internal staff newsletter or email.

Netball tournament

Get local and school teams to pay and enter; get a sports shop to donate cool prizes for the winning team.



One day fast

Speak to your friends, family and colleagues and have them sponsor you for a one day fast. Give up all of the food luxuries your hold so dear and try to live on nothing.

Poker Night

Get your friends together and enjoy yourselves whilst making some money for charity. Play a bit of poker and donate the winnings to charity.

Quiz Night

Quiz nights can be fun for all ages. Book out a local hall, bowls club or local venue and invite people to purchase tickets. There are also a stack of great websites which allow you to download trivia questions for free!

Raffles

Everyone loves a raffle! Get friends and local companies to donate prizes.

Sponsored Skydive

Tackle your biggest fear or enjoy the daredevil experience and do a skydive. Get everyone you know to sponsor you and raise as much money as you can for charity. Make sure you tell the skydiving company what you're doing and they will generally help you out!

Themed Party

Throw a themed party and ask for a collection for everyone that attends with the proceeds going to charity. Murder Mysteries or Great Gatsby themes are always popular.

Unwanted Gift Donation

Sometimes donations are not only needed in monetary form but items as well. Have any unwanted gifts lying around the house that you never use? Why not donate them?



Variety Show

Does your dad do a good dance? Can your dog sing a song? Put on a variety show with a difference!

Winery tours

These are a great deal of fun! The tours visit a selection of wineries giving you the opportunity to sample the products. As well as making a profit on your ticket prices you can also run raffles along the way to boost your fundraising dollars.



Xmas Party

Hold an Xmas party with a difference. You can host this anytime of year and focus on giving to others who need your help! Either have a wishing well or have everyone bring a gift which we can use at the MS Society.



Yearly Collections

Keep a collection box at your home or office for the whole year and encourage family, friends, customers and colleagues to contribute to it. You can even set a target and keep a running total.

Zany Day

Dress ups, weird food and crazy hair. There is no limit to the zany things you could do on Zany day! Make everyone bring a gold coin donation or have a wishing well.

