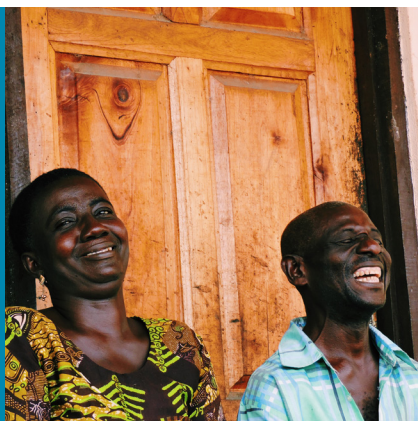


A-Z FUNDRAISING IDEAS



UNLEASHED WOMEN

Looking for some fundraising inspiration? Here's an A-Z of ideas to get you thinking and spark your imagination, to support you. If you've got other ideas - go ahead and put them into action! Don't forget to share your fundraising brainwaves and successes in our private Facebook group. If there's anything else you need, drop us a line at unleashedwomen@thp.org

| | |
|-----------------------------|--|
| A-thon' | <p>Sport-a-thon: invite friends to sponsor you for participating in an afternoon of games or charge an entry fee.</p> <p>Spell-a-thon: invite friends and family to sponsor you for the number of words you spell correctly in a row.</p> <p>Dance-a-thon: seek sponsorship for each dance performance.</p> <p>Walk-a-thon: ask friends or family to sponsor you for every kilometre you walk.</p> |
| Afternoon Tea Party | Host an afternoon tea party and ask guests to make a donation to attend. |
| Alcohol-Free | Give up alcohol for a week or a month for sponsorship. |
| Auction | Auction unwanted items or sell them on eBay and donate the money. |
| Bike Ride For Fun | Bike ride for fun. |
| Book Sale | Dig out unwanted books and have a book sale at home, work or school. |
| Bake Sale | At local markets, schools, for work! |
| Backyard Movie Night | Get the neighborhood together or friends over for a outdoor movie night and sell tickets. You can sell popcorn and drinks too! |
| Coffee Break | Host a coffee break for friends and colleagues and ask them to bring a donation. |
| Dance Party | Invite a local dance instructor to donate their services and learn the rumba or salsa with friends, using an entry fee to raise money. |
| Diet | Be sponsored to shake those unwanted kilos! |

A-Z FUNDRAISING IDEAS



UNLEASHED WOMEN

| | |
|----------------------------------|---|
| Donate | Why don't you ask people to donate a day's salary, or perhaps a week or a month? |
| Fancy Dress Party | Host a fancy dress party for guests, who could make a small donation on arrival. Those without a fancy dress costume must donate double the amount! |
| Fashion Parade | Host a fashion parade using friends' unwanted clothes and auction them during the event. |
| Fun Run | Organise your own sponsored fun run or join a local event. |
| Free Dress Day | Hold a free dress day at school or in the office and ask people to make a gold coin donation. |
| Guess The Number | For example, jelly beans in a jar, balloons in a car, pieces of popcorn in your mouth! |
| Garden Party | Host a garden party with cupcakes, tea and champagne and ask guests to make a small donation. |
| Gala Ball | Sell tickets to a gala ball and include an auction and raffle to raise additional money. |
| Giant Sleepover | Invite friends to take part in a giant sleepover to raise money. |
| Golf Day | Organise a charity golf day with competitions, including the longest drive, closest to the hole and hole in one. |
| Hoola-Hoop Twirls | Ask friends and family to sponsor you for the number of times you can twirl a hoola- hoop around your waist.... or arm... or leg! |
| Inter-Office Sports Match | Organise an office sports afternoon. |
| International Days | Hold a themed fundraiser at work bring in food and drinks from a different country. |
| Job Swap | Swap roles with someone in your organisation for a day – the CEO or an accountant! |
| Karaoke | Host a karaoke evening and invite guests to make a donation on arrival. |

A-Z FUNDRAISING IDEAS



UNLEASHED WOMEN

| | |
|----------------------------------|--|
| Luncheons | Encourage co-workers to bring in their lunch for a week and donate the money they would normally spend on buying lunch, or host a luncheon to raise money. |
| Matched Donations | Ask your company to match the amount of money you raise. |
| Movie Marathon | Get a group of friends together and host a movie marathon, for a small donation. |
| Night In | Rather than going out for dinner, stay in and donate the money you. |
| Open Garden | Hold an open day with an entry fee in your garden for friends and family. |
| Pie Eating Competition | Bet on who will eat the most (or least) amount of pies. |
| Quiz Night | Host a quiz night and charge a fee to participate. |
| Raffle | Hold a raffle. |
| Raise More Than A Sweat | Get fit and raise money at the same time! Ask friends or family to sponsor. |
| Record Breaking | Get sponsored to see if you can break the record on anything! |
| Silence | Get sponsored to stay silent....bet you can't do this for long! |
| Skip-A-Treat | Skip that chocolate bar that you long for in the afternoon. |
| Special Occasion Donation | Ask friend to give up their birthday anniversary, and you do the same! |
| Sponsored Events | Bike ride, run, swim and shave your head are some ideas. |
| Sponsor Your Boss! | Sponsor your boss to do something out of the ordinary – sit at reception for two hours, for instance and ask them to double the money you raise. |
| Swap Shop | Set up a swap shop in your school or workplace and encourage people to swap unwanted clothes. New items will cost a gold coin donation. |

A-Z FUNDRAISING IDEAS



UNLEASHED WOMEN

| | |
|--------------------------------------|--|
| Sweepstake | Run a sweepstake on...anything! How many times your boss makes a cup of coffee, or how many times your colleague leaves their desk during the day. |
| Theme Day | Promote a theme day at work – staff donate gold coins to dress in theme. |
| Treasure Hunt | Write clues to a treasure hunt by car, foot or bike. Ask people to sponsor you for each clue you discover. |
| Trivia Night | Host a trivia night and ask guests to make a donation on arrival. |
| Twenty-Four-Hour Marathon | It might be a movie marathon or stay-awake-athon, or a running marathon. |
| Unwanted Gift Sale | Ask friends to bring any unwanted items from home and host a garage sale. |
| Vita-Wheat Eating Competition | Challenge people to a Vita-Wheat contest – who can eat four in a row first? |
| Vouchers | Get people to cash in their credit card points, store credit points for vouchers for you! |
| Wine Tasting Evening | Host a blind wine tasting night! |
| Workplace Giving | Ask your colleagues to donate a portion of their regular income. |
| World's Biggest... | See if you can come up with the world's biggest cake, stack of books, vegetable etc. |
| Xtreme Challenges | Get sponsored to do something Xtreme – jump out of a plane, do the thing you are known to be more afraid of! |
| Yoga Class | Arrange a yoga class demonstration and ask people to donate the entry fee. |
| Zero Tolerance | Give up your favorite food or drink for a week or month for sponsorship and see how much healthier you feel! |