



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'	Sport-a-thon: invite friends to sponsor you for participating in an afternoon of games or charge an entry fee. Spell-a-thon: invite friends and family to sponsor you for the number of words you spell correctly in a row. Dance-a-thon: seek sponsorship for each dance performance. Walk-a-thon: ask friends or family to sponsor you for every kilometre you walk.
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.

A-Z FUNDRAISING IDEAS





Diet	Be sponsored to shake those unwanted kilos!
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 ands 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.
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 silentbet 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.

A-Z FUNDRAISING IDEAS





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.
Sweepstake	Run a sweepstake onanything! 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!