



St. Thomas' Lupus Trust

## A - Z of Fundraising

You want to help the St Thomas' Lupus Trust but have no idea of where to start, well here are some ideas that you might like to try. Adapt each idea to suit your situation; most can be changed slightly according to size of venue etc. Included in the list are the events organised by the charity that you might like to attend and other ideas of how you or your company (if you work) could become involved.

There are a few of things that you should remember when fund-raising and if in doubt give us a call and we'll guide you:

1. Before you collect cash in a public place you should have permission, especially on the street (from the relevant local authority). It's usually better to confine your activity to a private area such as a pub/club/supermarket/train station/shopping centre where you still need permission but it's usually much simpler to get. The owners will also advise you on where and when you can collect. Ensure you don't cause any obstruction or hindrance to others.
2. When collecting with a can or bucket the receptacle must have a lid and an intact security seal, all of these can be provided by us.
3. Don't embark on anything that might put you/any one else at risk or be dangerous in any way, events such as parachute jumping/abseiling etc are organised by very experienced professionals to ensure your safety.
4. Inform your local paper if you do something unusual, they love a local story with a good photo opportunity. Make sure you tell them *at least* a week in advance so they can arrange a reporter/photographer. If you are unsure of what to say in a press release call our office and we'll help. The same goes for local radio or TV. Don't forget to let us have copies of the photo's, tapes, articles etc, we love to see what you are all doing to raise money! They will usually agree to print the name and address of the charity so people can send in money direct.
5. If you need support with posters, tickets etc call us and we'll try to assist if you make up your own tickets, flyers, posters please add the registered charity number: 1010523.
6. Cheques should be made out to 'St Thomas' Lupus Trust'.



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### **A**ctionman/woman

The charity will be organising sponsored parachute jumps/abseils treks etc. Give us a ring or check the website for more information.

### **Aerobics/aerobics marathons**

Organise a mass aerobics where participants get sponsored per minute to a maximum amount of time, or be charged for entering.

### **Alcohol**

Give up drink for a fixed period of time; get people to sponsor you per day or week of abstinence.

### **Alternative get to work**

Get sponsored to find different ways of getting to work for a week, dependant upon how far you live it could be anything from bicycling to walking backwards (the local newspaper would love that!).

### **American call**

Challenge another willing team, perhaps even on 4<sup>th</sup> July. Ask players and spectators to pay an entry fee and/or get sponsored.

### **Art Exhibition and sale**

Ask local artists, photographers and galleries to donate pictures or donate a percentage of the sale.

### **Auction of Promises**

Get people to donate a promise of their time, use of their belongings or to donate a gift. You could even get them to donate themselves to the auction as a 'slave for the day'.

### **B**aby Walk

Organise a short walk where mothers and fathers can toddle their babies. This could be combined with a picnic or best-dressed baby afterwards.



### **Bake a Cake**

This could be raffled or people could guess the weight, number of ingredients etc and pay per guess - winner could get the cake.

### **Ball**

Organise an evening with dinner, music and even a raffle etc for staff and families, sell tickets in advance, be sure that you prepare a detailed budget so that you know how much to price each ticket at.

### **Barbeque**

Sell tickets in advance for a barbeque in a private or pub garden.



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### ***Beard***

Get sponsored to have your beard/moustache shaved off, if you're very adventurous even your hair! Why not get the boss to do this and have all your colleagues sponsor him??

### ***Bicycle Ride***

Design a route and get sponsored per mile, try and recruit a group of other riders. Or you can take part in an organised ride, the list, along with other challenges, is on our website.

### ***Bingo Evening***

Approach the local Bingo Hall to arrange a benefit night. Otherwise arrange your own event, charging people for entry and supplying prizes for winners.

### ***Birthday Party***

This can be a wedding, anniversary etc. Ask people to make a charity donation instead of buying a gift.



### ***Bonfire Night***

Organise an evening with refreshments, fireworks and a bonfire on 5<sup>th</sup> November. Be sure all the correct procedures are followed, as safety is all-important.

### ***Book Fair***

Ask people to bring along any unwanted books and sell them to other book lovers.

### ***Bowling***

Organise a bowling tournament with the overall winners getting a prize. Teams pay an entry fee. Better still organise a 'blindfolded' bowling tournament where everyone has to be blindfolded before they bowl!!!

### ***Bring a pound to work day***

Simply ask all your colleagues to bring just £1 to work in aid of charity, then collect all the money and send it to us. Alternatively you could ask them to bring all the bronze coins they have that are weighing their purses/pockets down!

### ***Bring and Buy Sale***

Find a suitable venue and charge people for entry; get them to bring an item for sale. Ask friends etc to clear out their attics!

### ***Butterflies***

As you probably know the logo for the Trust is a bright yellow butterfly. If you are a whizz at making butterflies of any size or colour send them to us, we use them to decorate the Christmas Tree, table decorations at lunches, raffle tables etc etc so we need a constant supply. If you can make things with butterflies on them to raffle (anything from patchwork quilts, cakes or handbags to jewellery) we would love to receive them.





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### **C**ake sale

Are you a great baker?? Why not bake an extra cake each weekend then take it to work, sell slices to colleagues for their coffee break. They'll be friends for life and the charity benefits too!

### **Car Washing**

Offer to wash friends' cars and charge them per car, advertise that it's for charity and others may also ask to have their car washed.

### **Car Boot Sale**

Take all your unwanted items (and those of friends and family, work colleagues etc) to a car boot sale and sell them, advertise the fact you are doing it for charity.

### **Carol Singing**

Get a choir together to sing and collect in a shopping centre or other public place, having sought permission from the relevant authorities.

### **Celebrity Walks**

Ask a local celebrity to agree to walk and ask the public to sponsor them, a local newspaper may help publicise the walk and allow people to send in cheques to them and/or print sponsor forms in the newspaper. Another alternative is to get the boss to walk around your building a set number of times (preferably dressed in a silly costume) and get the staff to sponsor him/her.

### **Charity Dinner**

Organise a dinner and get friends, family and/or work colleagues to buy tickets. This can also be done 'pyramid style' where each guest has to then go off and organise their own dinner to raise funds in the same way but invite new people, each of whom goes off after the event to organise their dinner etc, etc.

### **Charity Lunch**

As above.

### **Christmas Concert**

A wonderful annual event held by the Trust. Celebrity readers, musicians and a choir are all involved. Phone the charity if you would either like a ticket and/or if you could sell some tickets prior to the event.

### **Cheese and Wine Party**

Invite people to buy tickets in advance and seek local suppliers or local pubs/restaurants to donate the food and wine.



### **Chocoholics**

Give up chocolate for a month and ask people to sponsor you through those awful cravings!



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### ***Christmas Cards***

The Lupus Trust has its own Christmas cards. Does your company select a charity card to send to all its clients? Why not ask and nominate us? Usually the selection process starts as early as July so enquire as soon as you can.

### ***Climbing***

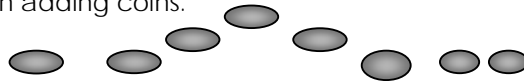
Get sponsored to climb hills or a mountain.

### ***Coffee morning***

Ask friends to a coffee morning and sell coffee and cakes etc. Then each friend can host the next coffee morning. To make the morning even more interesting ask all your friends to empty out all the clothes they're no longer wearing and bring them along, people can then buy each others items for the charity.

### ***Coin Trail***

Start a trail of coins and ask people to donate by adding to the trail. This could be done at a local school; the children could have great fun adding coins.



### ***Collecting Box***

If you run or work in a shop or public place that would have a St Thomas' Lupus Trust collection box on the counter (or if you know a local pub/shop that would take one) just contact the trust office (020 7633 9422) to arrange to collect one. Be security conscious and make sure no one runs off with the box. You can also collect large buckets or collecting tins if you have permission to collect at a private venue such as a shopping centre etc (see rules at the start of this list). You are more likely to get more donations if you can be different i.e. wear unusual dress, or uniform if it's allowed, have some musicians/singers there, even dogs or puppies draw crowds!!



### ***Concert***

Ask bands, singers or musicians to play for free.

Advertise in the local area with posters and maybe in the local newspaper and sell tickets well in advance.

### ***Conga***

Try and get the worlds longest conga line going, charge £1 per person!!

### ***Cookery***

Use your culinary skills to bake cakes, make jam or chutney to sell at any event where there are suitable stalls.

### ***Craft Fair***

Find a venue and ask local shops/craft makers to buy space at the stall to show and sell their wares. Charge an entrance fee and ask exhibitors to donate a percentage of the takings. Alternatively ask for donations of items and run a craft stall at a suitable location.



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### ***Cricket Match***

Organise a friendly cricket match asking players to raise sponsorship per run scored or wicket taken. Sell refreshments in aid of the charity.

### ***Cycling***

Get sponsored to cycle a set distance, get friends to cycle with you.

### **D***ancethon*

Organise an event for people to dance the day/night away raising sponsorship as they bop 'til they drop!

### ***Darts Tournament***

Charge an entry fee per team for a knock out tournament over several days or weeks, ending in a grand final with a prize for the winner. This can often be arranged at a local pub, which may even provide the prize (s) as they benefit from extra custom.

### ***Desk Sale***

No you're not actually selling you desk!! Why not bring in small items such as jewellery, cosmetics, tights etc etc and sell them out of a tray on your desk??

### ***Disco***

Of particular appeal to younger supporters. Find a local hall and sell tickets in advance.

### ***Dog Walk***

Organise a route for mans best friend to be taken round while family and friends sponsor them.

### ***Drawing Competition***

Get children to draw or paint a picture, perhaps on a butterfly theme and get parents to pay an entry fee for each drawing submitted. The pictures are judged and winning entries could be displayed in a local public place such as the library. A toyshop could be approached to provide prizes.

### **E***aster Egg Hunt*



For an entry fee kids can hunt around a field or some other venue for carefully concealed eggs. Parents could pledge a sum for every egg that their children find. Approach local shops/factories etc to donate eggs.

### ***Egg Drop***

Teams of 2 play catch with a raw egg, taking one pace back after each successful catch. The team to get the furthest apart without dropping the egg (or breaking it) wins. Each entrant pays a fee to play.



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### *Employers*

If you work, the most efficient way of raising funds is to ask your employer to match the money you raise pound for pound, this is called matched giving and most employers will do this, at the very least they usually make a donation.

Also every company usually selects a charity of the year; why not nominate us as your company's charity?

Another great idea is to ask your company if you can mail the companies that it deals with. Tell them you are supporting the St Thomas' Lupus Trust and ask if they can help too, it often works much better (as you already deal with the company) than us mailing them cold.

### *Expert Seminar*

Use an expert or a well-known personality who is prepared to donate their time to give a talk or performance. Charge admission, have a break to sell refreshments, have a raffle or sell autographs by the celebrity.

## **F** *ace Painting*

If you can face paint charge parents for painting children's faces.

### *Fancy Dress*

Raise money at events or in the office by dressing up for the day. The more outrageous the better; give a prize for the most inventive outfit.

### *Fashion Show*

Ask a local store to put on a show in aid of the charity. You can also ask the local college to organise this in aid of the charity, particularly if fashion/design is on the curriculum.

### *Fete/Fun Day*

Get people to help set them up and run them for you. Include a raffle, tombola or competition such as guessing the amount of beans in a jar. Charge people for entry and for refreshments.

### *Football*

Organise a sponsored football match between you & rival workmates/a rival pub – you get the idea!



## **G** *arden Party*

Invite friends, family and colleagues to an afternoon garden party, asking them to make a donation. If you don't have a large garden ask someone who does to host the event.



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### ***Generation Game***

Devise a series of tasks from making fancy bread rolls to Morris Dancing as on the TV programme. Ask people to pay an entry fee and provide judges. Whoever gets the most points wins the prize.

### ***Go-Kart Racing***

Organise an evening out at one of the numerous go-kart tracks around the country. Ask people to make a donation on top of the entry price and raise sponsorship money per lap.

### ***Golf Days***

If you're a golfer or know golfers approach the local club and see if you can arrange a golf day, they are very popular and you can raise a lot of money through charging entry fees and even doing a raffle at the club after the game.

### ***Green Finger***

Are you another Alan Titchmarsh or Charlie Dimmock?? Sell your plant cuttings in aid of the charity.

### ***Groups***

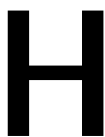
Wherever there is a group of people of any age there is potential to organise some fund-raising. Approach local schools, scouts, girl guides, rotary clubs, golf/football clubs, etc etc . You will find that most do some sort of fund-raising activity in the year and perhaps they will do something for you.

### ***Guess the Number***

Put a large quantity of items such as smarties, beans, paperclips, elastic bands in a jar and ask people to pay to guess how many there are. The winner gets a prize or the contents of the jar if they are edible. You can also ask your local pub to keep check on an item such as how many pints of lager they sell in a week and get people to guess the number.

### ***Guess the Weight***

As above but ask people to guess the weight of an item or a collection of items.



### **Alloween**

Sell tickets to a fancy dress Halloween Ball, have themed finger food and themed music.

### ***Highland Games***

Organise a day of haggis eating, bagpipe playing, caber tossing and charge an entry fee or raise sponsorship.



### ***Hollywood Party***

Get everyone to dress as famous celebrities; you can lay a red carpet down for them to walk down as they arrive. You could even get people to stand and shout as the fans/paparazzi do!! Dress up



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the venue appropriately and have fabulous finger food. Hand out 'Oscars' for the best costumes. Charge a ticket fee.

### *Horse Racing Evening*

Ask a racecourse to organise a sponsorship day where a percentage of the takings go to St Thomas' Lupus Trust.

### **I** *ndependence Day*

4<sup>th</sup> July could be a day of burgers, American Football and Cheerleaders. A great day to hold a party with an American theme. Have a tombola, hotdogs and fun!!

### *Ink Cartridges*

Save your old ink cartridges from your printer and bring/send them to us. We get money for each one recycled.

### **J** *uggling Marathon*

Hold a contest to see who can juggle for longest, award a prize to the winner and charge an entry fee.

### **K** *araoke Night*

A local pub may agree to pay for a karaoke in return for extra custom. Charge people per song they sing, people can also pay to stop people singing!!



### *Keeping Silent*

Get sponsored at work or at school to not speak for a set length of time.

### *Kidnap*

Kidnap the boss or local celebrity (make sure they agree *first!*). Hold them to ransom until you feel sufficient money has been paid for their release. We suggest you kidnap someone popular for obvious reasons!

### *Knitting*

Knit clothes for sale at a local fete.

### *Knobbly Knees*

Ask people to pay to bare their legs in a contest to find the knobbliest pair of knees....good old-fashioned fun!



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### **L**ate

One for the bosses. Fine staff for being late, it will break bad habits and also raise money for the charity.

### **Limbo**

Organise a competition for participants to see how low they can go, charge an entry fee and award a prize to the best.

### **Loose Change**

Collect all your loose bronze change and bring it with you to donate when you visit the unit next (we don't mind counting it!!).

### **Lorry Pulling**

Ask teams to get sponsored per foot that they can pull a lorry (perhaps lent by a friendly local company).

### **Lunch Money**

Ask all your colleagues to bring in sandwiches for their lunch and donate the money saved to the charity. Or perhaps they could miss their morning cappuccino for one day that week and donate the money they would have spent? Another idea is to volunteer to go and get everyone's lunches at 20p a time, you will soon make money for the charity! 5 lunches a day would raise £20 in a month!!



### **M**arshmallow Marathon

Get sponsored to eat as many marshmallows as you can in a fixed time. This can be any food you like.

### **Masked Ball**

Organise a dance where everyone has to wear a mask, sell tickets. This is very good when the people attending are all single.

### **Match Box Challenge**

Ask children to collect as many different items as possible that will fit into a matchbox, items can range from buttons to grains of sugar. Either charge an entry fee (if a school agrees to join in) and award a prize to whoever gets the most items in their matchbox or get the children to be sponsored per item they fit in the box.

### **N**ame the teddy

Buy a teddy (or other soft toy), write its name on a sheet of paper and seal the name in an envelope. Then get a sheet of paper and write down 20 - 100 names such as Billy, Fluffy, Betty etc (remembering to include the name you wrote down!). Charge people a £1 to guess the bear's name and write down their name next to the name they guess for the bear. When all the names have been sold open the envelope and the person who guessed the right name wins the toy.



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### *Night In*

Stay in for the evening and donate the money saved to the charity, why not get all your friends to do the same?

### **O**rgan

Get sponsored for playing the organ or keyboard for as many hours as you can.

### *Outward Bound weekends*

These can be organised by the charity and can be great team building experiences (suitable for groups only i.e. companies).

### **P**.Y.O

Get sponsored per pound of fruit that you gather from a pick-your-own fruit farm. The farm may reduce its prices for you and you could sell the fruit on at another event.

### *Pancake Race*

Shrove Tuesday is the day to organise the great pancake race. All you need is a couple of frying pans, a mound of pancakes and some willing volunteers.

### *Pantomime*

Organise a panto for family and friends with a charge for a ticket.



### *Parachute Jump*

Fancy yourself as a bit of a daredevil?? Why not ask about our sponsored parachute jumps? Even if you don't want to take part yourself ask for some posters to put in local pubs/clubs/shops/businesses which advertises the jumps. They take place in most areas of the country and are an experience not to be missed.

### *Pet Competition*

Hold your own 'Crufts'. Entrants pay to enter their pet into separate classes if necessary and, after judging, winners are awarded prizes. Approach your local pet shop to donate suitable prizes.

### *Plastic Duck Race*

Entrants buy numbered plastic ducks, which are, then let loose on the nearest stretch of flowing water. The first to pass the finish line wins a prize.

### *Pop Quiz*

Charge an entry fee for people to take part, individually or in teams, with questions on pop music from each decade. The winning team gets a prize.



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### *Postage*

Does your company have a franking machine for posting mail? They might not be able to donate money but could they take a mail-out from the charity and save us the cost of postage?

### *Press-Ups*

Get sponsored to do as many press ups as you can in a set time. This can also be sit-ups etc.

## Quiz

Charge an entry fee for people to take part either individually or as a team. The questions can be themed as with the pop quiz or based on a particular era such as the 60's. The winners get a prize. These work particularly well at a local pub, the pub may provide the prizes as they are often given t-shirts, pens etc from companies such as Guinness, Budweiser etc.

## Raffle

One of the best-known ways of fundraising – organise a raffle. Approach friends, your company, local traders for prizes. Maybe you work for a company that can donate some prizes to us? Anything from chocolate to a car wanted!!!! Or how about giving us anything extra you get, for example 'buy one get one free items' or the free item you get when you spend over a certain amount on cosmetics, or the item the garage gives away when you spend a certain amount – you get the idea!! We have many events that desperately need prizes of all sizes.

### *Record/tape sale*

Similar to the book fair but with unwanted records and tapes – even dvd's/cd's.

### *Rounders Tournament*

Challenge other teams or groups to a series of rounders matches, the teams get sponsored per rounds scored.



### *Running*

Either arrange to get sponsored for your own route or join in one of the arranged runs/walks around the country:

**London Marathon** – The charity has asked for places but is till a long way down the list Apply for your own place as soon as possible (at least 6 months if not a year before the marathon), log onto [www.london-marathon.co.uk](http://www.london-marathon.co.uk) for details.

### *Edinburgh Marathon*

Usually in June. A fun event with pipers starting the race, and lining the final mile, various entertainment along the route. The ballot entry usually opens in September the year before so very early registration is advisable. Website for info: [www.edinburgh-marathon.co.uk](http://www.edinburgh-marathon.co.uk).



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### ***Great North Run***

For those outside London or those who fancy a day away. . Usually held in September/October, the World's biggest half marathon - a run of 13.1 miles, Newcastle to South Shields. The race is usually full by May so book your place as early as you can. Phone 020 7188 3562 for information.

### **S**eamstress

Are you a whizz at clothing alterations/repairs? Why not offer your services to friends and family and charge a small fee for the charity?

### ***Signed T-shirt***

If you can get famous people to autograph a shirt it can then be auctioned. Some policemen in London had a T-shirt that they took everywhere with them and when they came into contact with a celebrity they asked them to sign it then wrote underneath who the star was. The T-shirt got covered in signatures and actually auctioned for £5,000!!!

### ***Silent Auction***

Display auction items with a piece of lined paper next to them, people write down their bid for that item on the paper and try and outbid each other. Whoever pledges the largest amount has got the item. This is usually done over a set period of time, perhaps an evening.

### ***Slim***

Get sponsored per pound you lose over a certain period. If you're in a slimming group why not encourage the whole group to join in?

### ***Snooker Tournament***

Charge an entry fee for a knockout tournament. End with a grand final and award a prize to the winner.

### ***Sponsored Walk.***

Set a route such as round a park and get sponsored per mile or lap.

### ***Stair climb***

Raise money and get fit at the same time! Get colleagues to sponsor you to use the stairs instead of the lift for a week or a month.

### ***Stocks***

One or several willing (or not so willing) volunteers face those who will pay for the pleasure of tossing wet sponges or custard pies at the victims.

### ***Stop Smoking***

For a week or for a month and get others to sponsor you through your agony, who knows you may end up giving up forever!



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### ***Swear Box***

Have a swear box or politically incorrect box and fine sinners! This is especially fun (and lucrative) in the office!

### ***Swim***



Ask a local leisure centre to lend you a pool for a day or for a few hours and charge an entry fee. Ask the swimmers to get sponsored per lap of the pool.

### ***Sympathy Vote***

Get someone you know to tie you to a chair (or the boss if he's willing!) – but not too tight!! Let people know that the person will only be released when the collection bucket/can is full.

## T

### ***apathon***

Put on those shoes and tap dance away. You could do this at work and ask colleagues to sponsor you per minute/hour etc.

### ***Tennis Tournament***

Ask a local club to lend you courts for free and charge players an entry fee for a one-day tournament.

### ***Theme Party***

Organise a themed party – 60's, 70's Star Trek, Schooldays, Gangsters and Molls etc etc. The local pub or club may allow you to use their premises free on a quiet night. Charge an entrance fee and hold raffles, best costume competitions etc.

### ***Three legged Race***

Get sponsorship for a three legged walk to work or organise a sponsored three legged race, these are particularly popular with schools.

### ***Tiddly Winks Tournament***

For the young at heart as well as the young. For a small entry fee people can see how many winks they can get into a glass or a circle drawn on the floor. The winner gets a prize.

### ***Tombolas***

An easy way of organising a little entertainment. Use a duplicate set of cloakroom tickets with one set in a drum or bucket and (dependant upon how many prizes you have) some of the duplicate set stuck to the bottom of each prize. The person pays for a ticket and if they draw a number from the bucket that matches one on a prize they've won the prize.



### ***Treasure Hunt***

Clues or objects are to be found on a set route, participants can be sponsored per clue found. First team/person back to the start with all answers correct wins a prize.

### ***Trek***



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The charity organises an annual trek. The location is always exotic and the trek challenging but also a once in a lifetime experience. For details contact the fundraising office. Apply soon for guaranteed places. A good idea is to get a school to help you fund-raise and in return the children can follow your progress on a map. Perhaps when you return home you could tell them about your journey.

### *Triathlon*

There are lots of triathlons up and down the country. Some example websites are:

[www.thelondontriathlon.com](http://www.thelondontriathlon.com) [www.thamesturbo.co.uk](http://www.thamesturbo.co.uk), [www.ironmanuk.net](http://www.ironmanuk.net),  
[www.brightontri.co.uk](http://www.brightontri.co.uk), [www.thamesvalleytriathletes.co.uk](http://www.thamesvalleytriathletes.co.uk), there are many more just search under UK triathlons on the web or your local leisure centre may have details.



### *Tub of custard*

In fact a tub of anything! Just what you've always wanted to do, sit in a bath of something yeuky. Get sponsored per minute or even per hour! Make sure you sit in the tub somewhere very public as a pub, supermarket or shopping centre and leave a collecting bucket nearby so sympathisers can donate!

### *Tug of War*

Organise a contest between local teams and have heats until there's just 2 teams the winner gets a prize. Charge teams an entry fee.

## **U**gly Face Contest

Known as 'Gurning' in the North, you have to pull your funniest face. Contestants pay to enter and the worst face wins a prize.

### *Unwanted gifts*

No matter how hard people try they don't always get you the ideal Birthday or Christmas present etc. If you receive unwanted gifts that can be used in a raffle bring them in/send them in to the charity, we then pass them onto people who are holding raffles and need prizes, or raffle them off ourselves.

## **V**ariety Show

Round up your talented friends/colleagues and organise a variety show. Sell tickets and at the intermission sell refreshments. This can be as large or small as you can manage.

### *Videathon*

Hire in lots of video films or dvd's and invite lots of friends round to watch them one after the other, get them to make a donation towards the charity, you could even sell soft drinks and popcorn to raise more money!



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### ***Volunteer*** \*\*\*

Even if you don't have the energy or money to do some fundraising you're still very important to us so why not volunteer some time?? Do you have a talent we can use? Do you sing/play and instrument/juggle/make balloon animals??? Are you a professional photographer that could donate their time when we have an event to cover? Are you a fabulous artist or great at calligraphy (hand written invitations/certificates are always needed and look so much better)? Are you a Delia Smith or Jane Asher, could you bake and decorate a cake for one of our events? Are you the worlds best envelope stuffer, to help us with mail-outs?? Could you sell some tickets to our Carol Concert? Can you come and shake a collecting can for us or help run a stall? Whatever your talent it's very likely we can utilise it, give us a ring and let us know.



### ***Waiters and Waitresses***

Sponsor the bosses/supervisors to dress as waiters and waitresses and serve lunch to staff members!

### ***Walk***

One of the most famous ways of raising money, the sponsored walk. How about a bit of 'power walking' to make you fit and healthy too?

### ***Weekend Raffle***

Something for the weekend?? Why not sell raffle tickets all week and buy prizes that'd be great for the weekend? Ie a bottle of wine/champagne, chocolates, gourmet food. Winning a treat is a nice way for someone to start off his or her weekend.

### ***Welly Throwing***

Find a large space like a field or very large car park and charge contestants an entry fee. The person to record the longest throw gets a prize.

### ***Wheelbarrow Races***

Teams enter to push each other around the park or along a quiet street. Either charge an entry fee or ask the participants to get sponsored per lap or mile.

### ***Worst Holiday Snaps***

Great fun for the workplace. We all have them; those photos that went terribly wrong and that you wish had never been taken. Get friends and/or colleagues to bring them in and charge a small entry fee for the pleasure of having them judged. The worst photo(s) can be displayed and the overall winner gets a prize.

### ***Worst Tie***

Get the guys in the workplace to wear their worst ties, charge £1 entry fee and give a prize for the absolute worst tie. Bet you know someone who'll win hands down??



St. Thomas' Lupus Trust

## **A - Z of Fundraising**

### **X**mas Party

This is even more fun when you organise it in a summer month. Get the Christmas decorations out, play Christmas music, play games and eat Christmas fare. Get people to buy a ticket to attend. This works particularly well at the local pub.

### **Y**ears Collection

Keep a collecting box at home or work for a whole year and encourage friends/family/colleagues to put their loose change in.

### **Z**any

Any other silly ideas you come up with such as how many marshmallows you can get in your mouth or how many cream crackers you can eat without a drink. Don't forget to report back with any new fund-raising ideas that work well. Please remember safety first though!

**Don't forget to be as different as possible and most of all –  
have fun!!**