

# The A-Z of Fundraising



## The A-Z of Fundraising

Sometimes it can be hard to get started with your fundraising. So, we've put together an A-Z of fundraising ideas to give you a helping hand.



**A**

**Arts & crafts** – Host an arts and crafts evening and charge people an entry fee.

**Auction services** – You could 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!

**Abseil** – Organise or sign up for an abseiling challenge and get sponsored.

**Auction** – Organise an auction, ask your friends and family to donate items and donate some of the profits.

**B**

**Bake sale** – Baking is a great hobby and your results are sure to bring smiles to everyone's face! Share your feel good food for a donation. Why not hold a coffee morning with a difference; can you hold a caffeine free coffee morning or only bake healthy recipes?

**Bake off** – Challenge your friends to a bake off and sell the winnings.

**Bad taste** – Ask colleagues to pay to express their bad taste and come to work wearing the worse tie or vibrant clothes.

**Book swap** – 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 Teesside Mind to participate and get swapping!

**Bingo** – Host a night of bingo, invite your friends and family and donate half the winnings.

**Birthday fundraiser** – Creating a birthday fundraiser is a fantastic way to give back to a cause you're passionate about on your special day. Encourage friends and family members to forgo birthday gifts and donate to your birthday fundraiser by setting up a JustGiving page for Teesside Mind.



**C**

**Caption competition** – 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.

**Cheese and wine evening** – 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.

**Come dine with me** – Why not hold your very own dinner party? Invite friends to enjoy your culinary delights in exchange for a donation!

**D**

**Decorate the space around you** – Decorate your room or living room with your favourite lights or art creations and why not organise a competition with your friends on who has the best decorations? Ask for donations to share your skills and have fun!

**E**

**Extreme challenge** – Why not swim the distance of the Channel in your local pool or run the length of the country on a treadmill? You don't have to be a superstar athlete for this one – you could split the distance over a few days or weeks.

**Ebay your clutter away** – Now is a good opportunity to declutter, and working through your possessions is a chance to remember memories associated with them. Sell your clutter on Ebay, or go to a website like Music Magpie, which will give you cash in return for your old CDs and DVDs. Donate the money you make to Teesside Mind.



**F**

**Fivers** – Get friends, family and colleagues to donate a £5 note each and write their name on it. Put the notes in a pot and whoever’s name you pull out wins a share of the money, with the rest going to Teesside Mind.

**G**

**Give it up** – 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 contributing to Teesside Mind.

**Global food day** – 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.



**Green finger sweepstake** – Choose your favourite plant and encourage your friends to sow seeds at the same time as you. Ask them for a donation, and over time you can watch your seeds change from seedlings into grown plants. The gardener of the plant that bares its first fruit or flower wins half the sweepstake donation. Donate the other half to Teesside Mind.



**H**

**Halloween party** – Organise a spooky event to raise money for us. You could play a game of witch hockey or hold a scary film night.

**Happy Monday** – Start your week with a smile and hold a fundraising get-together with your colleagues. Hold a bake sale to brighten up Monday and wear bright clothes and ask everyone to donate £2 to take part.

**I**

**Improv night** – Host an improv night and let budding stars take to the stage to raise funds through the laughs.

**Iron man challenge** - Sign up to take part in an iron man event and see if you can tough it out – there are so many to choose from around the world and closer to home.

**It's a Knockout** - Have some fun with an It's a Knockout event with your family, friends and colleagues and raise money for Teesside Mind along the way.

**J**

**Jumble sale** – Rummage through drawers and garages to find those old clothes or forgotten about belongings, and hold a jumble sale or clothes swap shop in your office or for friends.

**Joke box** – A guaranteed laugh in exchange for £1! Print lots of jokes out and ask your colleagues or friends to donate £1 to pick one from the box.

**K**

**Karaoke night** – Which of your friends and family has the hidden talent?

**L**

**Litter pick** - Raise money by cleaning up your local community. It's a win win on multiple fronts.

**M**

**Manager vs. Manager** – Pit your managers against each other to see who can raise the most money for Teesside Mind, equipped only with their smartphones.

**N**

**Night walk** – Get sponsored to walk with friends, family or the people you work with all night long. There are some great walks that are safe and stunning in the moonlight.

**O**

**Online gaming** – For lots of us, playing games is how we relax, socialise and even find support. We know the gaming community is a great place to connect with people across the world. Why not host a live stream fundraiser with your friends? With Live stream Fundraising on JustGiving you can collect donations for Teesside Mind while you stream games or hobbies on Twitch.

**Online tutorials** – Share your skills with others through online tutorials. You could do cooking, a foreign language or flower arranging. Or why not host a decoration or lantern making workshops around Di-wali, Hanukkah time or Christmas time? Ask for a donation in exchange for sharing your skills, which can be donated on your JustGiving page.

**Office Olympics** – Become an office Olympic champion by participating in a number of fun events such as paper plane flying and waste paper basketball.



**P** **Photograph competition** – Do you have any top photographers? Organise a photography competition and ask entrants to make a donation to Teesside Mind. You could even set a theme for the competition. If there are any stand out entries you could hold an auction to raise some extra funds.



**Positive steps** – Change your route to work for a week; can you walk instead and donate your usual travel costs? Or how about getting off two stops earlier and getting your walks sponsored?

**Q** **Quiz night** – 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.

**Quote quiz** – Whether it is film or literary quotes, test the knowledge of your friends with a quote quiz. Ask for a donation to enter and provide a small prize for the winner.

**R** **Raffle time** – Ask your friends and local businesses to donate some fab prizes and organise a raffle to raise funds for us.



**S**

**Spelling bee** – All you'll need is a dictionary.

**Shave** – Shave or wax your beard, chest or legs to fundraise for Teesside Mind.

**Sports day** – Sports days are a great way to get people together for a good cause. You could do this in a local park and include some snacks and drinks too! Ask participants to make a donation to Teesside Mind and organise a grand prize for the winners.

**T**

**Time to Talk day** – Set up a pledge wall and ask your colleagues to pledge their support to fighting mental health stigma and discrimination. You can even order some materials from [www.time-to-change.org.uk](http://www.time-to-change.org.uk). Hold a team lunch fundraiser by providing homemade soup and a roll for all the team and ask people to donate the money they would have spent on lunch that day to us.

**U**

**Uniform free day** - Skip the uniform for a day in return for a small donation.



**V**

**Variety show** - Hold a local variety show and enjoy an evening of entertainment with all monies raised donated to Teesside Mind.

**Vegetable growing** - See what vegetables you can grow and sell.

**Video game competition** - Discover who's the best when it comes to gaming and donate to take part.

**Village fete** - Organise a village fete to help raise money for Teesside Mind.

**W**

**Window cleaning** - Offer to clean neighbourhood windows for donations.

**World record attempt** - Challenge people to try and break a world record in exchange for a donation.

**X**

**X Factor Competition** - Host your own X Factor style singing contest.

**Y**

**Yappy hour** - Host your own virtual 'Yappy Hour' from the comfort of your home! Simply get your friends and cuddly companions together for a Skype/Zoom video call and ask everyone to consider making a donation to Teesside Mind.

**You smartie!** - 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?

**Z**

**Zero waste day** - Challenge yourself to go fully zero waste for a week and be sponsored for your efforts.

**Zip wire** - Soar through the sky as you take on a zip wire challenge to raise money for Teesside Mind.



## Find out more?

If you'd like to learn more about our Fundraising Services and how you can support Middlesbrough & Stockton Mind, contact our Team on 01642 257020 or email

[fundraising@teessidemind.org.uk](mailto:fundraising@teessidemind.org.uk)

    @TeessideMind

Registered charity number: 1118098