

# Fundraising A-Z

Here's our handy A-Z of ideas to help you get creative and boost your fundraising.

**Stroke**  
Association

## **A** Afternoon Tea

Host an afternoon tea and charge people an entry fee. Put on plenty of drinks, sandwiches and cakes for your guests to enjoy. Why not organise a raffle too? Ask friends, family or local businesses to donate prizes.



## **B** Big night in

Spend quality time with friends and raise money while you're at it. Pick a theme – how about murder mystery or 80s movies? A pamper session or poker night? Ask your guests to make a donation (around £10). It'll be cheaper than a night out and you'll be making a difference to people affected by stroke.

## **C** Car wash

Set up a car wash station in the car park at work or your driveway at home. Rope in some friends and family to help you clean as many cars as you can. You could offer tea and cakes while your customers wait, for an extra donation.

## **D** Darts match

Whether you're a complete beginner or get a bullseye every time, this fundraiser is great fun. You could charge people to take part – and to watch the matches. Add a bit of silliness by getting players to balance on one leg and 'fine' them each time they miss the board.



## **E** eBay

Have a clear out and a declutter. Gather up all the books, clothes, toys and household items you don't want any more and list them on eBay. For anything that doesn't sell, organise a pitch at your local car boot sale.

## **F** Fancy dress

Everyone loves an excuse to dress up as someone different for the day. Get your colleagues to pay a fancy dress fee for donning their favourite costume. You could set a theme – anything from film stars to famous historical figures. Or why not host a 'wear purple day' as you're supporting the Stroke Association?



**G** **Guess my time**  
Ask friends and family to take a guess on how long it will take you to complete a task – it could be a 10K run or a 100-mile cycle. They pay a fee to make a guess, and the winner is the one who comes closest.



**H** **Hour of pay**  
Get your friends and family to donate an hour's salary on pay day to support people affected by stroke.

**I** **It's a Knockout**  
Why should school kids have all the fun? Organise your own sports day for grown-ups. Charge a registration fee and ask local businesses to donate prizes for the winners. Keep it traditional with an egg and spoon race, or add in some quirky challenges like a relay race on a space hopper.



**J** **JustGiving**  
Online fundraising is the quickest and easiest way to get your donations sent straight to the Stroke Association. So set up your JustGiving page today. Remember to personalise your page with a photo and tell your donors why you are fundraising for the Stroke Association.

**K** **Karaoke night**  
Hire a karaoke machine or just have some friends round and play some classic tunes while singing into a hairbrush. Charge an entry fee and source prizes for your singers.



**L** **Loose change**  
Ask your friends, family and colleagues to dig deep in their pockets, purses or wallets and pop their loose change into a jar. Even small amounts add up – together you'll make a big difference.



**M** **Matched giving**  
Ask your employer to match the amount you raise in sponsorship – you'll double every pound instantly.

**N** **Non-uniform day**  
Do you work in a school or know someone who does? Or perhaps your child's school would support your fundraising with a non-uniform day? If each child in a school of 300 pays £2 to wear their own clothes, you'll end up with a massive £600!



**O** **Odd jobs**  
Donate your time to help neighbours and friends with odd jobs around the home. Pick up the shopping, walk the dog, babysit or mow the lawn for a small donation and bring in some extra cash.



## **P** Pancakes

How about holding a pancake-making competition at your office? You can charge a fee for people to take part or sell them your signature pancakes.



## **Q** Quiz night

Hold a quiz at your local pub and charge teams for entering. Don't just invite people you know, get the regulars involved too. Ask the manager to donate a free meal or drinks vouchers for the winners.



## **R** Raffle

Buy a book of raffle tickets, sell as many as you can, and give your winners a prize. Simple! Ask local businesses to donate prizes for this low-cost fundraising favourite – it works as a stand-alone activity or as an added extra at a bigger event.



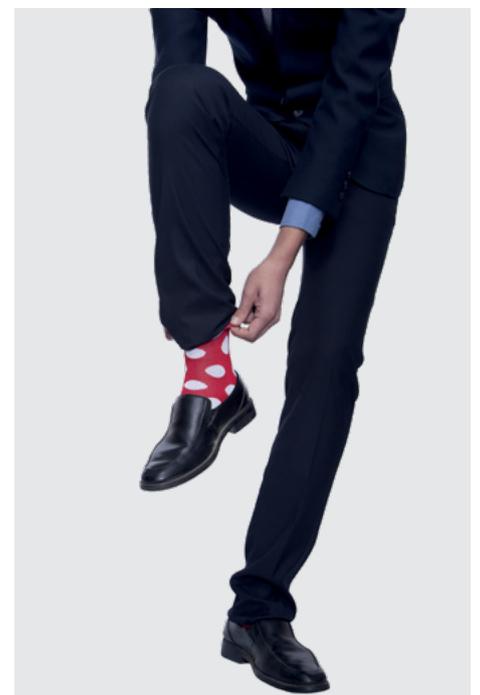
## **S** Sweets

Pop an assortment of sweets in a large jar. For a small donation, people get to guess how many are in there. The closest guess wins the sweets.



## **U** Unfashionable

Add a twist to the dress down day by asking colleagues to proudly rock their most unfashionable, unflattering outfit. You could show off your clashing prints, sandals with socks, a crazy hat – or all of those at the same time?



## **T** Taxi

Do you drive and have access to a car? Why not offer a taxi service to friends and family? They might even give you a decent tip as it's for a good cause!

**V** **Valentine's Day**  
Make the most of special events and holidays to keep your fundraising going. You could hold a Valentine's themed bake sale, sell handmade cards, have a 'wear red' day or host a Valentine's wine tasting evening.



**W** **Wax it**  
Will you or your friends bear the pain to raise money? Get those wax strips and some aloe vera to cool off with.

**X** **Xbox or PlayStation**  
Got a games console? Host an evening of gaming with an entry fee. You could even hold mini competitions throughout the evening with some prizes.



**Y** **Yoga sessions**  
Do you know a yoga teacher who'd put on a special sponsored session to raise money for people affected by stroke?



**Z** **Zumba**  
Ready to feel the rhythm? Get your friends together to dance and donate with this energetic fundraiser.

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Whatever you decide to do, your sponsorship will help to rebuild lives after stroke. If you need any support with your fundraising, please get in touch. Email [supportercare@stroke.org.uk](mailto:supportercare@stroke.org.uk) or call us on **0300 330 0740**.

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**Good luck!**