

Fundraising from the comfort of your own home

Stroke
Association

Stroke Association Quiz

Sign up today and you'll receive 50 cracking questions (+ a bonus round!), top tips to help you run your quiz and more! Whether it's a quiz with colleagues over a lunchtime call or a virtual get together with friends and family over video call, help raise funds for the Stroke Association: www.stroke.org.uk/quiz

Sponsored silence

Whether it's a digital detox or running child friendly 'silent games' with pens and paper; why not dedicate a day of silence to raise those vital funds.



Give something up

Raise money for the Stroke Association by giving something up. What is your favourite food you could go without? Could you go razor free for a month?



Online auction

Get creative sell sell sell! You could make gift cards, knitted or crochet items, paintings and more! Think about the time of year and if there are any celebrations happening, a hamper of tins of beans and toilet roll may go down a treat... Sell tickets and hold an online auction.



Host a talent show

Fundraise via entry donations and put on a show sharing your singing, dancing or other talents.



Head shave

Let your friends/family know you are braving the shave for stroke, get people to donate on your JustGiving page and let them know the time and date you will be live streaming the shave!

Swear jar

Ban a word within the household and for any slip up you need to donate to the jar. Whether it be "hungry" "bored" or something else face up and pay that fine.



Online raffle – Facebook Live

Why not use the wonders of technology and do a "Facebook Live" event running an online raffle. Get people bidding live for a fantastic prize and cause.

facebook
LIVE

Virtual – Teach a skill

Do you have a skill you could share? Why not set up a JustGiving page and get people to donate and then share your video with them. Whether you're teaching a dance routine, teaching Spanish or something else, you can do it from the comfort of your own home.



Online knit and natter

Have a video call with your nearest and dearest whilst knitting something for charity. Maybe knit a jumper for a teddy, a blanket for a baby or a cardigan for your neighbour. Why not get everyone involved and ask for donations for your fantastic creations.



Online wax

Using your JustGiving page, ask people to donate and then run a "Facebook Live" event where people can watch you get painfully smooth legs.

DONATE NOW WITH
JustGiving™

Grow something

Grow your beard, grow your hair and host a sweepstake as to how long it will grow to?



Stream for Stroke

Hold a gaming tournament or livestream gaming marathon. Streaming platforms and E-sports competitions have changed the face of gaming and now you can help support stroke survivors through gaming. Find out more here: stroke.org.uk/fundraising/stream-stroke



Coffee morning

Why not take the cash from that cheeky morning mocha or late afternoon latte and donate to the Stroke Association?



Lose those luxuries

Donate the cash you would put towards those luscious locks, novelty nails or doggy day care and help us to rebuild lives after stroke.

Comedy night

Set up a video call with your family, friends, and colleagues and crack those jokes. How do you organise a charity quiz night for the Earth? **You plan-et**



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 or call us on **0300 330 0740**.

Good luck!