

A-Z of fundraising



A

Abseil – scale new heights and feel the adrenaline rush in a sponsored vertical descent.

B

Bake-off – host a bake-off at work, school or in a local venue.

C

Car boot sale – hanging on to things you don't need? Set up a stall at your local car boot.

D

Dinner party – have your friends over for a home-cooked meal.

E

Easter egg hunt – in your garden, office or local park, get hiding those chocolate eggs!

F

Foreign currency exchange – ask for unwanted currency and exchange it for donations with leftovercurrency.com

G

Games night – invite your friends over and challenge them to a night of boardgames.

H

Halloween party – host a fancy-dress or pumpkin carving competition.

I

Interdepartmental sports day – get your departments together to compete in a tug-of-war.

J

Jazz night – put on an evening of entertainment and charge for entry.

K

Karaoke night – pick your favourite songs and sing the night away.

L

Lunch – hold an office picnic to show off your tasty cooking.

M

Marathon, Half Marathon, 10k or 5k – find the race for you, whether you're a seasoned runner or complete novice.

N

Night-in – have your friends over for a night-in and charge entry.

O

Office tea run – make teas and coffees for the week, for a small fee.

P

Pamper day – invite your friends over for a relaxing pampering party.

Q

Quiz night – hold a quiz in your local pub, restaurant or sports centre.

R

Raffle – round up some donated prizes and sell tickets to your friends, family and colleagues.

S

Skydive – take on the ultimate challenge and soar through the clouds at 10,000 feet.

T

Tea party – why not go all out and make it an afternoon tea?

U

Unwanted gifts – ask your family and friends for unwanted gifts and re-sell them.

V

Variety show – unearth your friends' hidden talents in a variety show and charge for entry.

W

Walk – gather some friends, keep fit and raise money at the same time.

X

Xmas party – get out the tinsel and host a big Christmas party.

Y

Yoga – know your mountain pose from your cobra position? Teach a class for a small donation.

Z

Zumbathon – get your local gym or sports centre involved, and Zumba through the day.

Registered charity number: 1138223

Contact us

Call 020 4581 2404

Email fundraising@medicalresearchfoundation.org.uk

Visit www.medicalresearchfoundation.org.uk

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