

**Cystic
Fibrosis Trust**

The cover has a bright yellow background decorated with white snowflakes and mandala patterns. At the top, there are three Christmas ornaments: a purple and white striped one, a purple lantern-like one, and a yellow one with a white star. A purple and yellow Santa hat is on the right. A yellow star and a yellow wavy line are on the left. A yellow glue stick is on the right. A pair of yellow-handled scissors is at the bottom left, and a whisk is at the bottom right. The title is in a large, bold, black font, and the subtitle is in a smaller, black font. A purple banner at the bottom right contains the text 'Fighting for a Life Unlimited' in white.

Festive Fundraising Activity Book

(for people with big hearts)

Bursting with easy fundraising ideas

**Fighting for a
Life Unlimited**



Hello!

Welcome to your Festive Fundraising Activity Book, full of fundraising ideas for everyone! Whether you are celebrating Christmas, Diwali or Hanukkah, or are looking for ways to bring light and warmth in the lives of the people around you in the dark winter months, we are here to help!

For more ways to get involved, visit cysticfibrosis.org.uk/christmas

Get involved and help change the present and future for the 10,600+ people living with cystic fibrosis (CF) across the UK.

So, whether you're a singing sensation, a dab hand at sewing or a star baker, we're here to support you on every step of your fundraising journey. You can also find out exactly how your event will support our work and make a real difference.

Good luck and thank you!

Use our handy scale to find the idea that's right for you!

Difficulty scale: ★★★★★

Contents

Dates for your diary	3
Crafternoon	4
Save the date	5
Make do and donate	5
Cocktails, mocktails and mulled wine	6
Make your own mini stocking	7
Pumpkin halwa	9
Gingerbread house competition	10
Magic reindeer food	11
Mince pies	12
Gaming	14
Potato latkes	16
Christmas jumper day	17
Carols by Candlelight 2020	18
Carols	19
Gift-wrapping service	19
#CFElfie	20
Pay it in	21
Fundraising planner	22

Share your fundraising fun with us

Tag us **@cftrustuk** on Instagram, **@cftrust** on Twitter, or find us on Facebook – and don't forget to tell us who you're fundraising for.

Dates for your diary

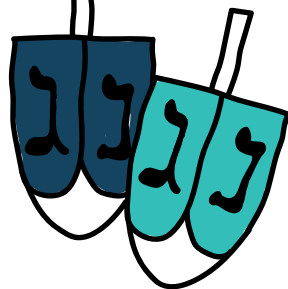


November

- Saturday 14 – Diwali

December

- Friday 4 – Christmas Party
- Monday 7–Friday 11 – Make Do and Donate
- Thursday 10–Friday 18 – Hannukah
- Thursday 17 – Carols by Candlelight
- Friday 25 – Christmas Day
- #CFElfie – Throughout December





1. Crafternoon

Difficulty: ★★ ★

Crafts? Check. Food? Check. Friends and family? Check. A chance to talk about who inspires you in your fundraising and why you support the Trust? Check!

Ask everyone to donate £5 for an afternoon of decoration making. The best thing about this activity? You can sell your crafts afterwards and raise even more!

Crafty ideas:

Angels – Buy fabric, wool and pipe cleaners from your local craft shop.

Christmas wreaths – Use baubles, coloured card or even bird seed!

Garland – Make homemade decorations like this [fabulous paper dreidel garland](#).

DIY Diya lamp – make your diya lamp to celebrate the Festival of Light

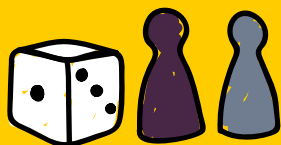
www.littlepassports.com/craft-diy/diya-for-diwali

Alternatives for the not-so-crafty:

Games night – Board, card or computer if you're so inclined!

Home cinema – Find a friend with a projector, large TV or host a virtual movie night and play your festive favorites.

Dinner party – Invite friends and family, choose your festive theme and don't forget party games! Charge £5 per guest in honour of the five babies born each week with CF in the UK.



2. Save the date

Difficulty: ★

Get in the festive spirit and join us this year for first ever virtual Christmas Party! Find out more on our [website](#).

Join us online on
Friday 4 December 2020



3. Make do and donate

Difficulty: ★

Gift giving is special part of this festive time of year. However you are celebrating, spend no more than £5 on your gifts and donate what you would normally spend.

Extra inspiration:

- Don't leave that unused box of bath products gathering dust in the bathroom cabinet. Set up a gift-swap party and charge for entry, snacks and drinks.
- Make your own gifts and donate what you would have spent.
- Set up a Secret Santa where everyone buys one other person a gift and puts a donation of equal value in Santa's charity kitty.
- Cupboards needing a clear out? Sell old toys and books online, or include friends and family with a festive fundraiser.



4. Cocktails, mocktails, and mulled wine

Difficulty: ★

Pomegranate mojito mocktail

Non-alcoholic cocktails can still be packed with plenty of cheer. This spin on the mint-and-lime classic contains delicious pomegranate seeds and juice.

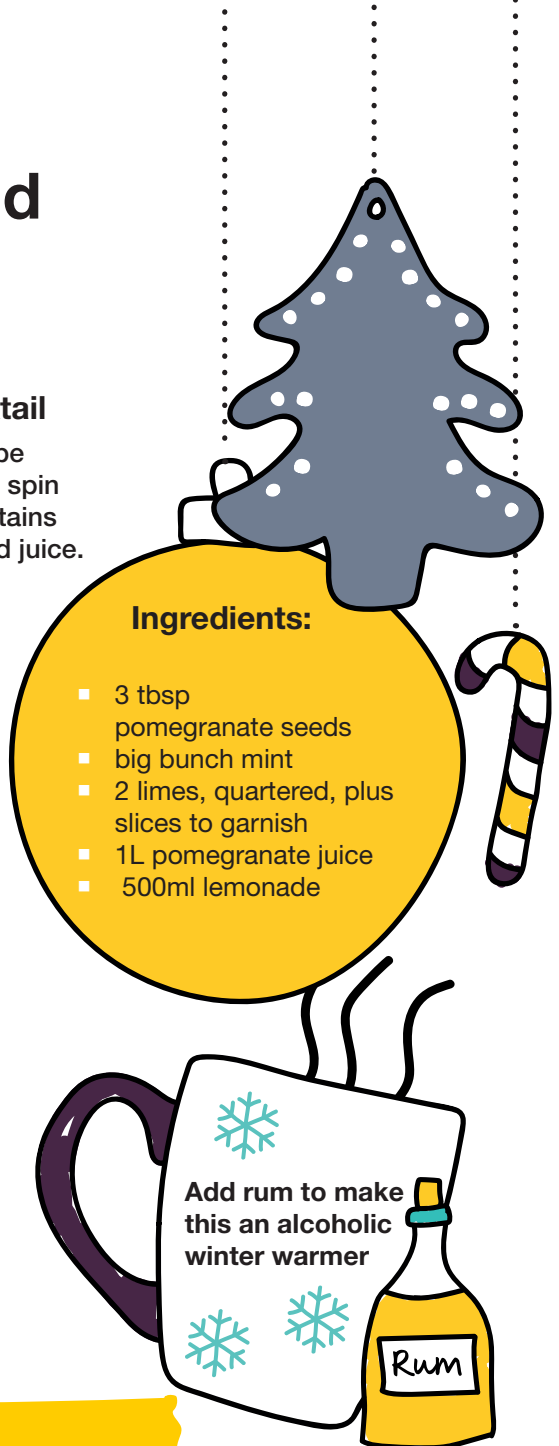
Method:

1. A day ahead, divide the pomegranate seeds between the holes in an ice cube tray, top up with water and freeze.
2. Reserve half the mint for serving, and tear the rest into a large jug with the lime quarters. Using a rolling pin, bash the mint and lime to release the flavours. Add the pomegranate juice and lemonade. Put ice cubes in each glass, then strain over the pomegranate mix through a small sieve. Garnish with lime slices and more mint.

Recipe from BBC Good Food

For a mulled wine recipe visit

www.gimmesomeoven.com/mulled-wine-recipe





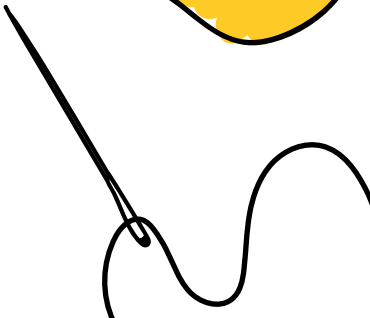
5. Make your own mini stocking

Difficulty: ★★★★★

This one's for the knitting geniuses. Follow these instructions to knit your own four-inch stocking to hang on the Christmas tree. Fill them with chocolates to eat on Christmas day (let's be realistic, they'll be gone long before then!)

You'll need:

- Yellow yarn
- White yarn
- 4mm needles



Did you know?

Selling **50** stockings at **£5** each could help someone with CF to meet the cost of undergoing assessment for a lung transplant at one of the five transplant centres in the UK.

£250



Did you know?

'Stocking stitch' is the name for knitting one row, then purling one row and so on.



Instructions:

1. Cast on 20 stitches.
2. Knit 2 rows in white wool, then tie your yellow wool to your white wool and continue knitting the rest of your stocking with yellow wool.
3. Now you are using your yellow wool, move onto stocking stitch (start by knitting 1 row) for 16 rows.
 5. Move onto stocking stitch (start by knitting 1 row) for 8 rows.
 6. Now you are at the toe of the stocking, do the following:

Purl 2 stitches together for a row (10 stitches)

Knit 2 stitches together for a row (5 stitches)
 7. Break off yarn. Thread the yarn onto a needle and thread it through the remaining stitches. Pull tightly and fasten off.
 8. Sew up side seam.
 9. Decorate your stocking with a yellow ribbon and tie a loop of ribbon to it so it can be hung on a tree.
4. Now you are at the heel of the stocking, do the following:

Row 1: knit 12, turn
Row 2: purl 4, turn
Row 3: knit 6, turn
Row 4: purl 8, turn
Row 5: knit 10, turn
Row 6: purl 12, turn
Row 7: knit 14, turn
Row 8: purl 16, turn
Row 9: knit to end

Visit [‘Marianna’s Lazy Daisy Days’](#) for the full pattern.

6. Pumpkin halwa

Difficulty: ★★ ★

Sweet morsels called 'mithai' are snacked on throughout Diwali, the five-day festival of lights

Bake some sweet treats and sell for £1 each.

Ingredients

- 450g/1lb pumpkin, courgettes, bottle gourd or carrots
- 550ml/1 pint milk
- 1 tsp cardamom seeds, crushed
- 1 tbsp sultanas
- 2 tbsp clarified (or unsalted) butter
- 8 tbsp sugar
- 3 tbsp halved cashews, flaked almonds, and pistachio slivers, lightly toasted
- 1 tsp rosewater or screwpine essence (optional, but do not be tempted to add more)
- Silver leaf, chirongi nuts and watermelon seeds (available in Indian grocers), and red rose petals to garnish (optional).

Method:

1. Trim, peel and finely grate the vegetables.
2. Combine them with milk, cardamom and sultanas in a large non-stick frying pan.
3. Heat gently and bring to a simmer, stirring occasionally.
4. Cook until the vegetables are tender and almost all the liquid has evaporated, stirring frequently as the mixture thickens.
5. Add butter, sugar, nuts, and rosewater or screwpine essence if using, and stir well.
6. Spread halwa out in a shallow pan to cool; garnish.
7. When cool, cut into squares and serve.

Recipe from BBC Food

7. Gingerbread house competition

Difficulty: ★★ ★



Charge your friends, family or colleagues £5 to enter. Bonus prizes go to the person with the yellowest house!

Gingerbread recipe:



Ingredients:

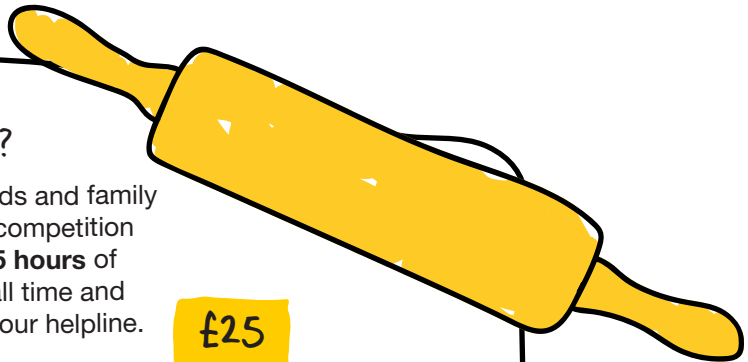
- 250g unsalted butter
- 200g dark muscovado sugar
- 7 tbsp golden syrup
- 600g plain flour
- 2 tsp bicarbonate of soda
- 4 tsp ground ginger

1. Heat oven to 200°C/180°C fan/gas 6. Melt the butter, sugar and syrup in a pan.
2. Mix the flour, bicarbonate of soda and ground ginger into a large bowl, then stir in the butter mixture to make a stiff dough.
3. Roll a quarter of the dough to the thickness of two £1 coins on a sheet of baking paper. Cut out your house shapes and transfer them onto a baking sheet.
4. Cook for 12 mins or until firm. Leave to cool.

Did you know?

Getting **five** friends and family involved in your competition could provide **1.5 hours** of much-needed call time and support through our helpline.

£25



8. Magic eco-friendly reindeer food

Difficulty: ★★

Sprinkle reindeer food in your garden on Christmas Eve to help Rudolph and his friends find their way to your house! Our new recipe is animal-safe, but remember, reindeer food is for Rudolph, not for pets, children or adults (that includes you, Father Christmas!)

Method:

1. Lay flat a square of material and sprinkle on equal amounts of oats, fruit and seeds.
2. Gather all four corners and tie your thread or ribbon tight around the neck to keep the oats together.
3. Pass the thread or ribbon through the hole-punch in the information label and tie a double knot.

Ingredients:

- Rolled oats
- Dried fruit
- Bird seed
- Red fabric, cut into 10-inch squares
- Gold thread or ribbon
- Labels (download from cysticfibrosis.org.uk/christmasfundraising)

Did you know?

104 magic reindeer food bags could provide someone with CF with life-sustaining medication for a year by covering the cost of a pre-payment certificate.

Sell for
£1 each

9. Pies, Glorious Pies!

We've got two mince pie recipes (vegan and non-vegan), perfect to sell at your Christmas fundraiser. Charge £1 a pie, or £2 if they're particularly tasty.



Ingredients:

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg
- Icing sugar, to dust
- Two 12-hole mince pie tins

Did you know?

Selling **100 pies** could provide **10 families** whose children have been diagnosed with CF with vital support and information when they need it most.

£100

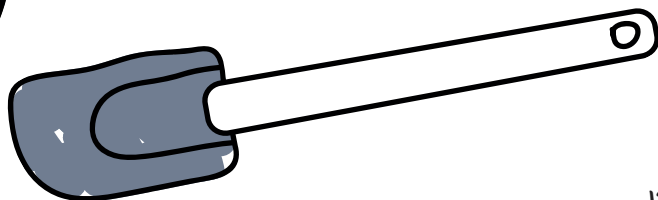
Traditional

Difficulty: ★★

Both recipes make about 18 pies.

Method:

1. Preheat the oven to 200°C/180°C fan/gas 6. Rub the butter into the flour, then mix in the sugar and a pinch of salt. Combine the pastry into a ball and knead it briefly. The dough will be fairly firm, like shortbread dough.
2. Press walnut-sized balls of pastry into each hole of your tin to fill the bottoms. Put a spoonful of mincemeat into the middle of the pies.
3. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies. Top the pies with their lids, pressing the edges together to seal.
4. Beat the egg and brush the tops of the pies. Bake for 20 minutes until golden. To serve, lightly dust with icing sugar.



Vegan

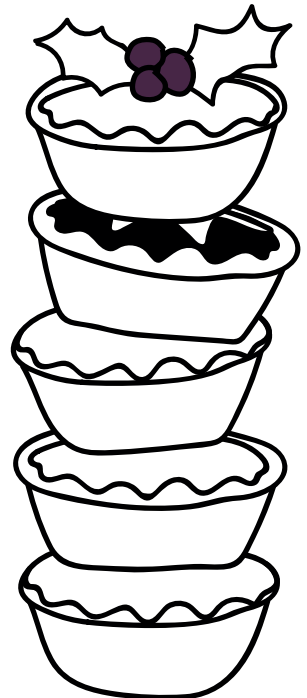
Difficulty: ★★☆☆

Method:

1. Tip the flour and coconut oil into a food processor and pulse until the mixture resembles breadcrumbs. Add the sugar and 2 tbsp of ice-cold water and pulse until the pastry is just coming together. Add another 2 tbsp water if a little dry, then tip the dough onto a clean surface and pat into a disc with your hands. Wrap in cling film and chill in the fridge for at least 30 mins.
2. Take the pastry out of the fridge. Cut off one third and cut the rest into five chunks. One chunk at a time, squeeze with your hands until malleable, then roll out on a floured surface to a thickness of 0.5cm. Cut out circles using a 9cm cookie cutter and put them into your tins. Repeat with the rest of the pastry chunks.
3. Put a spoonful of mincemeat in the middle of each circle, then put the tins in the fridge. Roll the remaining pastry out to a 0.5cm thickness. Transfer to a baking sheet lined with baking parchment. Chill for 15 mins to firm up.
4. Remove the pastry sheet from the fridge and use an 8cm cookie cutter to cut out nine circles, then use a star cutter to cut out the middles. Bring the mince pies out of the fridge and top half with the stars and half with the circles. Use your fingers to seal the tops and bases, then brush the tops with milk. Bake for 30 mins. Dust with icing sugar to serve.

Ingredients:

- One jar of Meridian organic mince pie filling
- 400g flour
- 200g coconut oil
- 20g icing sugar
- 50ml non-dairy milk, for brushing
- 9cm cookie cutter
- 8cm cookie cutter
- Star cutter
- Two 12-hole mince pie tins



Recipes from BBC Good Food

10. Gaming

Difficulty: ★★ ★

#CFNEXTLEVEL

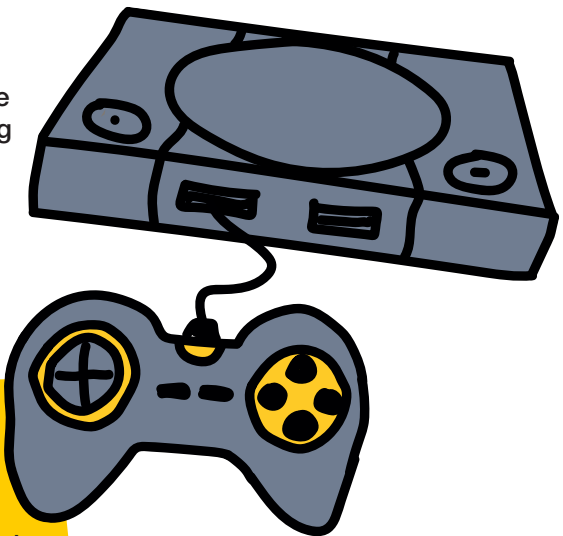
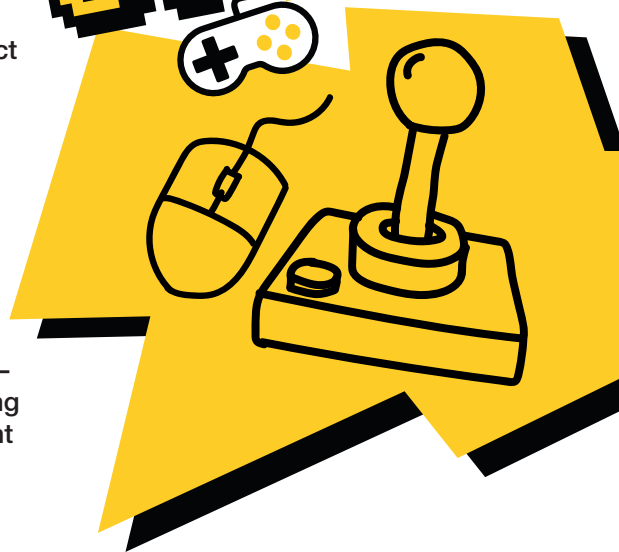
Fifa champion of 2020? Connect virtually with your family and friends this year with a gaming session. It is a great way to connect with others, play the games you love and raise vital funds! All from the comfort of your sofa.

Choose your challenge! Pick your game and set your target – ideas include going for a gaming marathon, hosting a tournament or completing the game in the fastest time possible.

Choose a date and time – when will be best for your #CFNextLevel challenge? If multiple people are involved, evening may be better for those who are working. If you're doing a marathon, an early start may be in order.

Set up your online fundraising page

JustGiving have made it easy to set up and personalise your fundraising page. If you need help, they have a great toolkit <https://gaming.justgiving.com/toolkit>





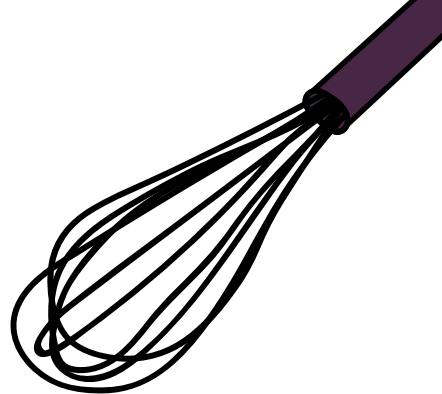
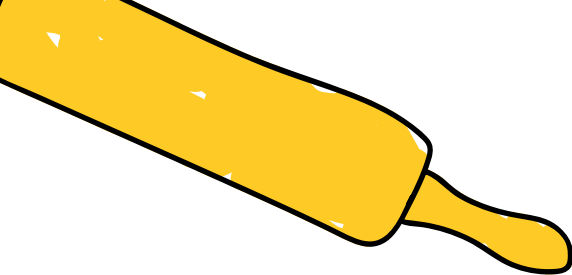
Get started

Streaming? If you would like to stream your gaming challenge, register with Twitch. Do a test run before the big day so you are familiar with how to operate Twitch.

Spread the word! Tell all your friends and family, and shout about your gaming adventure on social media.

If you don't have a console? Never fear, host a virtual quiz with family, friends, and colleagues or dig out those vintage board games! Find out how to hold your own virtual quiz or games night here – cysticfibrosis.org.uk/get-involved/fundraising/join-our-fundraising-campaigns/virtual-quiz





11. Potato latkes

Difficulty: ★★ ★

These classic potato latkes are the quintessential time-honored Hanukkah delight.

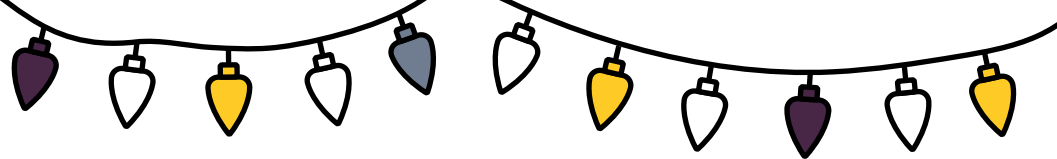
Ingredients

- 2 large eggs
- Kosher salt
- Pepper
- 2 lb medium russet potatoes
- 2 medium onions
- 1/2 cup matzo meal and or bread crumbs
- 8 tbsp olive oil

Method:

1. In large bowl, whisk together eggs, 1 teaspoon salt and 1/4 teaspoon pepper.
2. In food processor fitted with large grating disk (or on large holes of box grater), grate potatoes and onions. Add to bowl with eggs and toss to combine. Stir in matzo meal.
3. Heat 2 tablespoons oil in large skillet on medium. Gently drop 5 large spoonfuls potato mixture (about 1/4 cup each) into skillet. Flatten to create even pancakes and cook until browned and crisp, 4 to 6 minutes per side; transfer to wire rack or paper towel-lined plate.
4. Repeat with remaining potato mixture, adding more oil to skillet as necessary (when getting near the end of potato mixture, strain and discard any liquid at bottom of bowl).





12. Christmas jumper day

Difficulty: ★

It happens every year (whether you want it to or not), so this Christmas jumper day ask your colleagues or school to hold it in aid of the Cystic Fibrosis Trust. Charge £1 and tempt the Scrooges in by offering a small prize to the person with the best jumper!

Three ways to spice up your seasonal sweater:

- 1. Do it yourself**
Decorate your jumper with golden baubles, tinsel, and even LED fairy lights.
- 2. Jumper-decorating evening**
Ask everyone to bring along their old Christmas decorations and any crafty materials.
- 3. Find the yellowest jumper**
We know what you're thinking: "But I don't think I've ever seen a yellow Christmas jumper?" Challenge accepted!

Did you know?

An office of **150** people donating **£5** each could help ease the financial burden on a family coping with loss by providing a funeral grant.

£750





13. Save the date: Carols by Candlelight 2020

Difficulty: ★

Thursday 17 December, 7pm

Carols by Candlelight has become a fixed point in the calendar for many people. This year, for the first time, it will be online.

You are all invited to attend, and we hope you'll join us (and some famous faces!) from the comfort of your own home, to enjoy this beautiful Carol Service.

The Winchester College Chapel Choir will be recording their carols at the famous Abbey Road Studios and will be providing some festive cheer!

Tickets £10

For further details visit:

cysticfibrosis.org.uk/get-involved/fundraising/events/carols-by-candlelight



Painting by Luke Martineau





14. Carols

Difficulty: ★★ ★

Great singers, now's your time to shine!
Bad singers, now's your time to mime!
Start by contacting your local supermarket or shopping centre to book a charity carol singing slot, order a collection tin from our fundraising team and pull on your best Christmas jumper (see page 17). Be sure to let people know why you're singing.

Pick from these Christmas classics:

- Oh, Christmas Tree
- Jingle Bells
- We Wish you a Merry Christmas
- Deck the Halls

15. Gift-wrapping service

Difficulty: ★ (or 5, depending on ability!)

Present wrapping: it's not everyone's cup of tea. For those family members and friends who are all fingers and thumbs or can't face the task, why not offer a personal gift wrapping service? Ask for a donation as payment.

Visit www.charitycardshop.com/cysticfibrosis to buy your gift-wrap, then set up a gift-wrapping service at your home, school or workplace. Charge 50p per present or more for fancy gift-wrapping.

16. #CFElfie

Difficulty: ★

Every year our incredible supporters dress up in their yellowest outfits for Wear Yellow Day and send us their #CFYelfies. In fact, Wear Yellow Day has become so popular that we're taking the 'Y' out of Yelfie and asking you to dress up as one of Santa's little helpers this festive season.

Share your #CFElfie with us on by posting it on Instagram, Twitter or Facebook and using the hashtag.



Download and cut out your elf hat [here](#)



Be sure to use #CFElfie in your post, and text FESTIVE5, FESTIVE10 or FESTIVE20 to 70500 to donate

Pay it in

Thank you for all of your support this Christmas. Whether you're donating, fundraising or taking part in an event, you're helping us to continue our fight for a life unlimited by cystic fibrosis.

Here are four ways that you can make payments to us:

1. By telephone – using a credit or debit card. In which case please contact our supporter care team on **020 3795 2176**.

2. By post – you can send your donation to:
Cystic Fibrosis Trust, 2nd Floor, One Aldgate, London EC3N 1RE.

Please make your cheque payable to 'Cystic Fibrosis Trust'. Please send your sponsorship forms too so that we can claim relevant Gift Aid. Please ensure that you include a detailed cover letter with the cheque so we can trace the donation.

3. By paying in slip – please call **020 3795 2176** and we can send one out to you.

4. By direct bank transfer to:
Bank Account: Cystic Fibrosis Trust Receipts Account
Bank Account No: 20513925
Bank Sort Code: 50-00-00

Bankers: NatWest Bank plc,
PO Box 34, 15 Bishopsgate,
London EC2 2AP

SWIFT Code: NWBKGB2L

IBAN: GB71NWBK

50000020513925

Please quote: Event name/
CARE ref or surname

If you do use this method please send an email to events@cysticfibrosis.org.uk informing us of:

- Amount donated
- Date of the transfer
- Your name and address or the details of the person you are supporting/sponsoring
- Event or activity

We will need this information to ensure that you are credited in our records with the amount raised.

You can also make a quick and easy donation using this QR code



If you have any queries at all please do not hesitate to contact us. Once again thank you for your valued support.

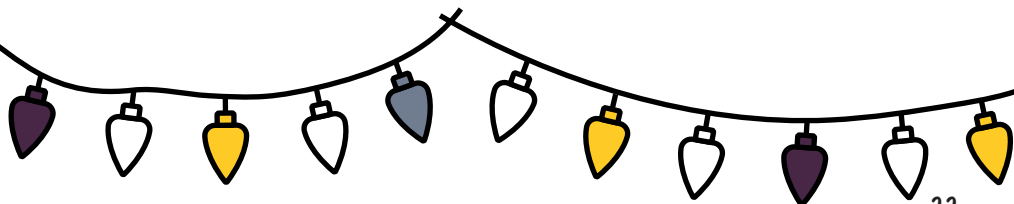
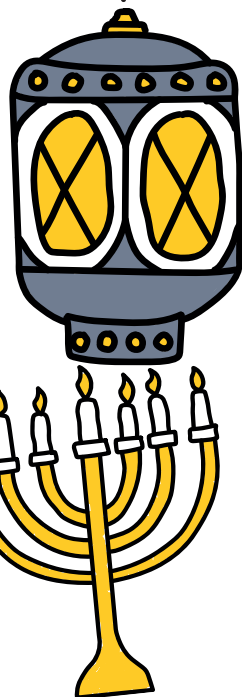


Fundraising planner

- Choose a date and activity
- Invite guests
- Tell the trust about my fundraising – cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/tell-us-about-your-event
- Order fundraising materials by contacting events@cysticfibrosis.org.uk
- Take lots of pictures on the day
- let the Trust know how I got on
- tag the Trust in my social posts @CFTRUST

Use the empty spaces below for your own action points

-
-
-
-
-
-
-
-



Cystic Fibrosis Trust



cysticfibrosis.org.uk

© Cystic Fibrosis Trust 2020. Registered as a charity in England and Wales (1079049) and in Scotland (SC040196). A company limited by guarantee, registered in England and Wales number 3880213. Registered office: 2nd Floor, One Aldgate, London EC3N 1RE

