

**Cystic  
Fibrosis**  
counting  
on your  
support



Fighting for a *Life Unlimited*



# Welcome



**Looking for fundraising inspiration?  
Have we got some ideas for you...  
101 to be precise!**

Every penny you raise for the Cystic Fibrosis Trust takes us one step closer to a life unlimited for everyone living with cystic fibrosis (CF) across the UK. Your hard work means we can continue to fund ground-breaking research, support people with CF and their families when times are hard, and shout loud about the issues that matter.

Take a look through our 101 fundraising ideas – we're positive you'll find something you can't wait to get stuck into! But before you do, here are a few things to think about when organising your fabulous fundraising events...



**Contact our Events Team  
on 020 3795 2176** to order  
Trust-branded fundraising  
materials, from banners and posters  
to collection tins and balloons.



**Ask for help.** Don't be afraid  
to ask your friends to lend a  
hand – they'll be more than  
happy to when they find out what a  
great cause they'll be supporting. And  
on that note...



**Tell people about our  
cause.** Whether you're  
gathering volunteers or  
raising money on the day, the best  
way to get people involved is to  
tell them why their support is so  
important. You can find shareable  
facts about CF on our FAQs page:  
[cysticfibrosis.org.uk/faqs](http://cysticfibrosis.org.uk/faqs).



**Set a date.** Venues get  
booked up quickly, and so  
do people's calendars. Set a  
date and send out lots of reminders  
so that your volunteers and attendees  
have loads of time to prepare.



**Promote your event** – put  
up posters, hand out fliers,  
contact local press and share  
like crazy on social media.



**Make sure your event  
is safe and legal**  
by covering things like risk  
assessments, first aid and

food safety, and making sure there  
are facilities like toilets, drinking water  
and places to dispose of rubbish.  
Make sure you have the appropriate  
license if you're holding a street  
collection, raffle or selling alcohol or  
food, and potentially insurance if you  
require it for your event.



**Pay in your fundraising total.**  
There are lots of ways you can  
pay in the money you raise for  
us – by telephone, post, paying-in  
slips or direct bank transfers.

For more advice, contact your Community  
Fundraising team by emailing  
**[events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk)**.

To find out more, visit our website and  
search 'How to organise a fundraising event'.

1

**Treasure hunt**

Just remember where you hid your treasures!



2

**Face-painting competition**

Recruit a crafty companion to help.



3

**Afternoon tea**

Don't forget the cake!



4

**Girls night in**

Staying in is the new going out!

5

**Beach party**

We know... just imagine you're in Greece.



6

**Bubble BBQ**

Best served with your nearest and dearest.

7

**Beard shaving**

Or grow some mutton chops!

8

**Aerobics-athon**

Get going with those star jumps!

9

**International night**

Fill this traditional night with music, dancing and food.

10

**Bring your own lunch**

Get your colleagues to bring a dish to work.

11

**Summer fair**

Speak to your neighbours for ideas.

12

**Hula hoop contest**

Download our 'How to...' guides at:  
[cysticfibrosis.org.uk/howto](http://cysticfibrosis.org.uk/howto)



13

**Raffle**

Ask your local high street shops to donate prizes.

14

**Non-uniform day**

Enlist your local school.

15

**'Who's the baby?' competition**

(It's Brad Pitt!)

16

**Fun Run**

Visit [bigfunrun.com](http://bigfunrun.com) for local events.

17

**Festive fundraising**

Start your own Santa's grotto.



18

**Big picnic**

Get all the family involved.

## Paul Dickson took part in 40 challenges

His challenges included:

- Five marathons
- Five ultra marathons
- Five triathlons
- Five 1/2 marathons
- Five 10 mile runs
- Five 10ks
- Five 5ks
- Five mixed events

He went on to raise over **£10,000** for the Trust.



Thanks Paul!

19

**Joke-athon**

What did the balloon say to the pin? "Hi, Buster."



20

**Rounders tournament**

Your local park is your stadium.



21

**Bad hair day**So **that's** your excuse?

22

**Pop-up beauty salon**

Everyone loves a pamper day.

23

**Fancy dress**

Raid your wardrobe and compete for the funniest costume.

24

**10,500 step challenge**

Take a step for each person living in the UK with CF.



25

**Food tasting**

Ask everyone to bring a little something.

26

**Boat race**

All aboard!



27

**Glorious Gardens**

Time to show off your hard work.



28

**Sponsored swim**

Whether it's a pool or a lake - dive in!

29

**Cocktail and mocktail party**

Grab a shaker and mix things up.



30

**Head shave**

Only the bravest will step up for this challenge.



31

**Battle of the bands**

In your garage or on your Xbox.

32

**Car wash**

Grab a bucket and sponge and get soapy!

33

**Easter egg hunt**

Fun for kids and adults alike!

34

**Golf day**

Why not host an event or be a caddy for a day?



35

**Bag packing**

Lend a hand at your local supermarket.

36

**Talent competition**

Singing, spelling or sketching... anything really.



37

**Jam night**

Host a live gig at school or a local pub.

38

**Book sales**

Look out for those dusty tomes.



39

**Salsa dancing**

Try to get an instructor to donate their time.

40

**Casino night**

Las Vegas, Monte Carlo, Slough?

# Ready, steady, bake!



Why not set up a bake sale or pop-up cafe at your local school fete or car boot sale? Don't forget to ask budding bakers to get involved. And remember, charity cakes are guilt and calorie-free!



# Take it from Lorraine!



Lorraine Barnes, our bona fide fundraising superstar, completed 50 fundraising challenges in the lead up to her 50th birthday, raising a whopping £51,800 for the Trust in the process. Since then she's raised a further £2,000, and yet again we're completely bowled over by her incredible commitment. Lorraine is inspired by her sons Joe, aged 14, and Dan, aged 22, who both have CF, and is supporting our fight so that they can live to see 50 and beyond.



## Lorraine's top tips

### How do you come up with all of your fundraising ideas?

I get a lot of my inspiration for my fundraising creations in gift shops. Most people can afford to spend a couple of pounds on wristbands or keyrings, and they're ideal to bring out at fundraising events.

### What keeps you going through the scarier challenges?

I just have to picture the smiling faces of all the friends I've lost to CF, or all the times I've kissed my sons before they were taken into surgery, and it doesn't seem so scary.

### What advice do you have for people who are finding it hard to get out and fundraise?

Find something you enjoy, whether it's knitting, baking, singing, or dancing. Then rope in family and friends to organise an event. There are thousands of ways of raising money. Find one that works for you, and don't get disheartened.



## Here are our top ten Lorraine, you superstar!

- 1 **Head Shave**  
+£2,035
- 2 **Abseil from the ArcelorMittal Orbit**  
+£2,000
- 3 **Wing Walking**  
+£1,800
- 4 **Tandem Bike Ride Challenge**  
+£1,000
- 5 **Collect 50p's for 19 months**  
+£370
- 6 **Unwanted Christmas Presents Sale**  
+£258
- 7 **02 Arena Walk**  
+£220
- 8 **Eurovision 2015 Sweepstake**  
+£195
- 9 **Yard Sale**  
+£150
- 10 **Big Bounce across Humber Bridge**  
+£120

# Bounce to victory

A Big Bounce is perfect for keeping fit and raising money! We've got loads of stuff to help you organise your own Big Bounce, including tips on where to hold one, a poster and a 'how to' guide.

Visit [cysticfibrosis.org.uk/bigbounce](http://cysticfibrosis.org.uk/bigbounce)



41

**Dog walking**  
So cute!



42

**School disco**  
How about an 80s or 90s theme.

43

**Stand up comedy**  
Challenge that friend who "should have been a comic"



44

**Sports day**  
Ready, Set, Go!

45

**Black tie gala**  
The perfect excuse to get dressed up.



46

**Superhero day**  
Dress up like your favourite superhero for a day.

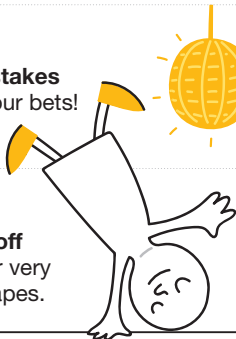
47

**Sweepstakes**  
Place your bets!



48

**Dance-off**  
Cut your very best shapes.



49

**Virtual marathon**  
Never mind the rain, get on that treadmill!

50

**Wacky onesie day**  
We know you have one, they're just so comfy...



51

**Tombola**  
Set one up at your local fete or fair!

52

**Cheese and wine night**  
I camembert it!



53

**Obstacle course**  
Use an existing one or make one and challenge your friends.

54

**Bring and buy sale**  
Raid those cupboards to raise some cash.

55

**Party trick contest**  
Be surprised by the weird things people do.



56

**Birthday cards**  
Make your own and sell to family and friends.

57

**Celebrate and donate**  
Instead of gifts ask for donations.

58

**Festivals**  
Throw a festival in your garden.



59

**Fitness session**  
Host a fitness class in your local park.



60

**Sponsored silence**  
Shhhhhh!

Download our 'How to...' guides at:  
[cysticfibrosis.org.uk/howto](http://cysticfibrosis.org.uk/howto)

[cysticfibrosis.org.uk](http://cysticfibrosis.org.uk)



61

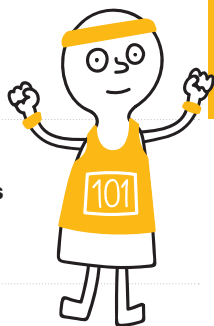
**Race night**  
Who will be the fastest?

62

**Mini Olympics**  
Choose your dream team.

63

**Dress down day**  
Collect money from everyone participating.



65

**Gaming Night**  
Choose your challenge,  
#CFNextLevel



66

**Jewellery making**  
Use beads and gems to make creations you can sell.

67

**Arts and crafts fair**  
Get everyone involved selling and making.



69

**Big Yellow Party**  
After all it is our favourite colour.

70

**Cycle to work**  
See how long you can keep it up.



71

**Garden party**  
Fire up the barbecue and set up the marquee!



72

**Netball tournament**  
Look up the rules and use your local courts.

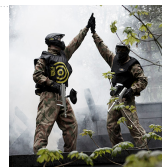


73

**Break a world record**  
How about the most money raised for a charity in one day!?

74

**Paint balling**  
This one is going to be painful.



75

**Plant sale**  
Grow them, sell them.

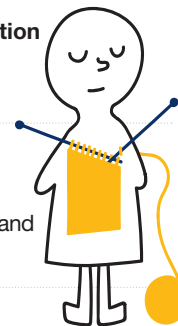


76

**Tea and coffee morning**  
Make sure someone brings the biscuits.

77

**Knitting competition**  
Who can knit a scarf the fastest?



78

**Crafternoons**  
Invite your friends and stick the kettle on.

79

**Come dine with me**  
Take turns hosting dinner and vote for the tastiest.

80

**Bad tie day**  
Challenge colleagues to wear their very worst ties.



## Dance the night away

Holding a ball, dinner or dance is a glamorous way to raise vital funds to help us beat cystic fibrosis for good. But remember, you'll need to plan ahead and get together some on-the-night volunteers who aren't afraid to pitch in!



64

**Wine tasting**  
I'm getting a hint of grape from this one!



68

**Fashion show**  
The world is your catwalk.



81

**Netflix Party**

donate the cost of your cinema ticket.

82

**Guessing jars**

Fill a jar with sweets  
– charge a pound per guess.

83

**Cycle/running challenge**

Compete with others or try for your personal best.

84

**eBay Selling**

Raise money from your unwanted belongings.

85

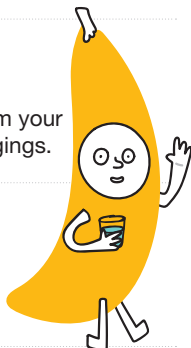
**Pyjama day**

Saves time in the morning.

86

**Clothes swap**

A great excuse to steal your friend's clothes!



87

**Street party**

Remember to get permission from your local council.

88

**Bingo**

Heads down for the numbers.



89

**Quiz night**

Charge everyone £1 and find questions online.

90

**Bake-off challenge**

Beware of the soggy bottom!



91

**James Bond night**

Shake things up and make some Moneypenny.

92

**All-you-can-eat contest**

Stuff your face.



93

**Wacky races**

Why not make your own car?

94

**Karaoke**

Sing like no one's listening.



95

**Child and parent activity day**

What about kayaking or crazy golf?

96

**A year to remember**

Do something to remember every day of the year.

97

**Five-a-side football match**

You'll just need a ball and four jumpers.



98

**Give it up!**

That thing you've been meaning to give up for years... do it!



## And it was all yellow

Find out how you can take part in Wear Yellow Day by visiting [cysticfibrosis.org.uk/yellow](http://cysticfibrosis.org.uk/yellow)

99

**Frightful fundraising**

Organise fancy dress and spooky snacks this Halloween.

100

**It's a knockout**

Get the whole town involved in the fun.



101

**Challenge events**

Choose your adventure and get fundraising! [cysticfibrosis.org.uk/events](http://cysticfibrosis.org.uk/events)

# Join the fight



## Social media



cftrust



'Cystic Fibrosis Trust'



@cftrust



@cftrustuk

News and information about our work and supporters' activities in your area.



'Cystic Fibrosis Trust East'



'Cystic Fibrosis Trust North'



'Cystic Fibrosis Trust South'



'Cystic Fibrosis Trust West'

## Helpful fundraising hints

For tips, ideas and advice on how to organise an event for the Cystic Fibrosis Trust visit [cysticfibrosis.org.uk/howto](https://cysticfibrosis.org.uk/howto)

To find out what other activities and events are happening across the UK visit [cysticfibrosis.org.uk/events](https://cysticfibrosis.org.uk/events)

### Cystic Fibrosis Trust

**Helpline: 0300 373 1000**

or [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

Our confidential helpline offers general advice, support and information on any aspect of cystic fibrosis, including help with financial support.

## Pay in your fundraising total



There are lots of ways you can pay in the money you raise for us – by telephone, post, paying-in slips or direct bank transfers.

### Donations

**T:** 020 3795 2177

**E:** [supportercare@cysticfibrosis.org.uk](mailto:supportercare@cysticfibrosis.org.uk)

**W:** [cysticfibrosis.org.uk/donate](https://cysticfibrosis.org.uk/donate)

### Events and fundraising enquiries

**T:** 020 3795 2176

**E:** [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk)

**W:** [cysticfibrosis.org.uk/events](https://cysticfibrosis.org.uk/events)

### Gifts in Wills

**T:** 020 3795 2132

**E:** [legacies@cysticfibrosis.org.uk](mailto:legacies@cysticfibrosis.org.uk)

**W:** [cysticfibrosis.org.uk/legacy](https://cysticfibrosis.org.uk/legacy)

### Corporate partnerships

**T:** 020 3795 1542

**E:** [company@cysticfibrosis.org.uk](mailto:company@cysticfibrosis.org.uk)

**W:** [cysticfibrosis.org.uk/corporate](https://cysticfibrosis.org.uk/corporate)

 [cysticfibrosis.org.uk/donate](https://cysticfibrosis.org.uk/donate)



# Cystic Fibrosis counting on your support



**Cystic Fibrosis Trust**  
**Fundraising support: 020 3795 2176**  
[cysticfibrosis.org.uk](http://cysticfibrosis.org.uk)

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Fighting for a *Life Unlimited*