

Cystic Fibrosis Trust

Are you taking part in a challenge and looking to fundraise at work? We have lots of fundraising ideas and an exceptional fundraising team who are on hand to help you and your employees succeed in your fundraising efforts.

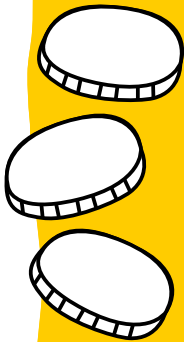
Match Funding

Many companies will match fundraising by their employees. Why not ask if your company can support you in this way?



Charity of the Year

Does your office have a charity of the year? Our experienced Corporate Partnership Team is here to help you generate ideas, create a bespoke partnership according to your business environment and, most importantly, to help ensure you have fun whilst raising vital funds for the charity!



Fundraising Tips at Work

Get Inspired!

- **Waistcoat Wednesday.** Wear your best waistcoat or find one at a charity shop and wear to the office with pride. £2 to take part and £4 forfeit for those that don't!
- **Organise a sponsored fun run or walk.**
- **Sponsored cycle to work week.**
- **Fact hunt.** Design your route where walkers must answer a question sheet about landmarks along the route e.g. what date a building was built or the names of shops and charge for entry.
- **Office Olympics.** Fun sports challenges for all! Egg and spoon race, tug of war – anything you want!
- **Onesie Day.** Wear your onesie to work and get cosy while gathering sponsorship!
- **Cake sale.** Tea, coffee and juice and sweet treats can be sold and donated by colleagues alongside a raffle.
- **Quiz Night.** Host a quiz online or in person.
- **Office Bingo.** Use printable bingo cards and an online number generator and the bingo caller can email numbers out to everyone – the first person to get a full house and hit reply all wins!

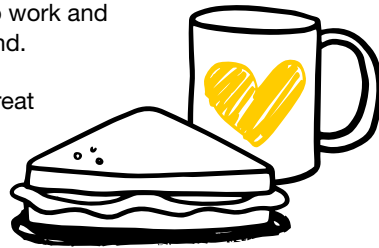


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Fundraising Tips at Work

● **Lunch ban!** Bring in your own lunch to work and donate the money you would usually spend.

● **Your Office's Got Talent!** Here's a great way to showcase hidden talents and all those budding singers, dancers, comics, magicians, and actors with your very own fundraising talent extravaganza.



● **Who's Who.** How well do you know your colleagues? Dig out baby photos and have a game of Who's who!

● **Silent Auction.** Auctions are a great way to auction off wholesale and interesting items to bring in the bids. Try asking your business network for donations of products, services, or even their time to be auctioned off on the night.

● **Bowling tournament.** Everyone can get involved in some healthy competition. Ask people to donate to sign up and offer prizes.

● **Buzzword ban.** Have a buzzword jar in the office. Make a list of the incriminating words beforehand, and how much each word will cost you.

● **Branch on branch.** Set challenge between branches or find out the distance between the offices and set up a static bike with a map to show the distance and complete this distance as a team.

"I really hope the money I raised can make a small difference to someone out there, whether it's to provide support to a family, or whether it goes towards an important research study into new treatments" - Rachael



Supporter resources *

Your one-stop shop for downloadable resources and tools to help you to fundraise and raise awareness of cystic fibrosis. From sponsorship forms to an awareness presentation, we have a great selection to help you on your way <https://www.cysticfibrosis.org.uk/get-involved/supporter-resources>

Want more ideas?

As well as asking people for sponsorship, there are loads of other ways to boost your fundraising total. Need inspiration?

Check out the A to Z of fundraising activities – <https://www.cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas>

Our Fundraising Team are here to help you build a fundraising calendar. Contact them today at company@cysticfibrosis.org.uk