

Cystic Fibrosis Trust

Fundraising tips

Here are top tips on how to make the most out of your fundraising page:

Personalise your page

Add photos of you in training and of you completing your challenge. This will really showcase your efforts.



Set a target

Adding a target has been proven to raise sponsorship on a page by 46%.



Treat your page like a blog

Add updates, photos, and progress reports whenever you can.

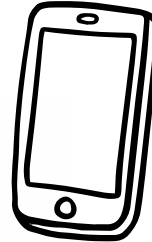


Share your story

Explain to your donors what has inspired you to take on this challenge, people love to know your motivation for undertaking fundraising so please do highlight reasons why people should sponsor you.

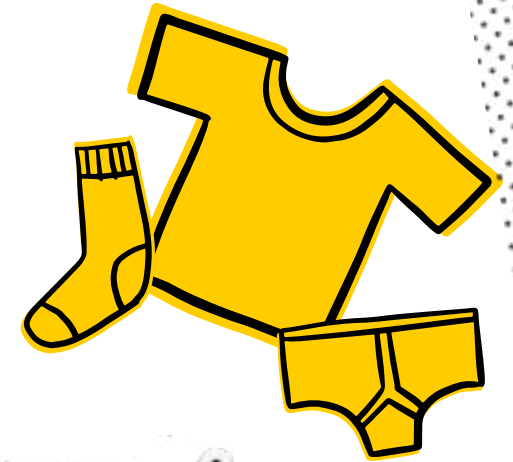
Promote your page!

Download our social media resources like Facebook templates and Instagram story posts to help spread the word!



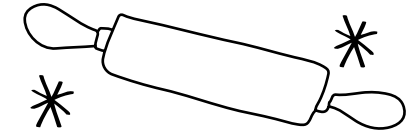
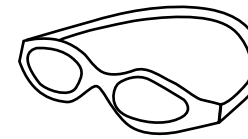
Add yellow!

Whatever you are planning for your fundraising we have lots of yellow promotional items like balloons, banners, posters, and T-Shirts to help you promote your activities. Please contact events@cysticfibrosis.org.uk for more information.



“Stay positive, keep going and remember, every very little helps! It’s all for a great cause, especially when you think about who it is you are helping – whether that’s on a personal level or on a wider level.”
- Donna

Fundraising tips



Need inspiration?

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

- **Host a garden event.** Use the event posters promote your party, collect entrance fees, and sell cakes and drinks. You can even hold a raffle with plants as prizes! Kids attending could take part in a colouring competition.
- **Host a Quiz Night.** Find out our top tips and tricks for planning your own quiz night. <https://www.cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas/quiz-nights>

- **Host a Games Night** with your family and friends, in person or online.

- **Craft making.** If you can knit, sew, or have other creative skills then why not create some unique items and sell them to raise funds.

- **DIY haircuts!** Shave it, cut it, or dye it. This is a great challenge to share on social media by sharing before and after photos.

- **Create a mini challenge.** As part of your fundraising for your challenge, whether you are running, cycling, or swimming, getting fit as part of your training could be part of your fundraising. Squat or sit up challenge. Or a how long can you plank challenge.

- **Do a Steps Challenge.** Make it a sweepstake fundraiser using the downloadable form? Get your family and friends to guess how many steps you do in a week and ask them to donate to your page to enter.

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

- **Jar of Love.** Fill a jar with kind message and sell each jar for a donation.

- **Treasure Hunt.**

- **Plank Challenge.** Put your core strength to the test.

- **Host a sweepstake.** Grand National, Eurovision or Love Island! There's something for everyone to get invested in!

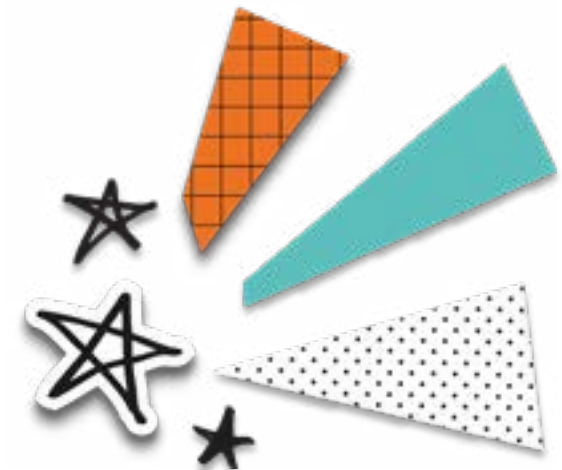
- **Fundraising in the office**
<https://www.cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas/in-the-office>

- Many more ideas can be found here in our A to Z of fundraising activities. www.cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas

- Or our Virtual A to Z of fundraising activities if you want to stay at home https://www.cysticfibrosis.org.uk/sites/default/files/2020-12/Virtual%20Fundraising%20AZ%20Aug_2020%20%20Cystic%20Fibrosis%20Trust.pdf



Boost your sponsorship on your online page using social media and find out how to ask people for sponsorship on the 'Your Donation Information' download available on the website.



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 of helpful resources to get you on your way <https://www.cysticfibrosis.org.uk/get-involved/supporter-resources>

Cystic Fibrosis Trust

Inspired by her husband Ed, Helen Borking, aged 54, ran the Virgin Money London Marathon for the Trust in 2019, raising a whopping £7,500. Hear how she smashed her total and read her top fundraising tips!

“When I found out I had a Golden Bond place in the Virgin Money London Marathon I went straight into ‘fundraising mode’. I was also on an awareness mission too; I wanted people to know what CF is.

My main fundraiser was a ‘Colours Fashion Show’ in my local village hall, boosted by THE most amazing raffle. I also got a temporary drinks licence and friends baked cakes, and after my costs for the day the event raised £3,400. It was so easy to organise; the company provide everything; you just have to find a suitable venue and sell the tickets!”

I raised the rest of my total with a bag pack at my local supermarket, a virtual 10k run/walk, places in the Mad Dog 10k run that I raffled off, leading Sunday trail runs and some people who did Sober October and Dechox February. You don’t need to be nervous about reaching your total. Just put a plan of action into place and start early. And don’t be afraid to ask for something. I asked the organiser of the Mad Dog race if I could raffle off my own place for charity and offered to marshal for them at the event – he told me he wouldn’t hear of it and gave me two places to raffle. That was £400 into my pot just by asking for something!

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“The CF community are a family and when our family fundraises, we do it for every single member of that family and we’ll keep going until every single one of them has what they need to live a long and healthy life.” - Kate



Match Funding

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

If you have any questions or would like further support with your fundraising, please get in touch with the Community and Events team on 020 3795 2176 or events@cysticfibrosis.org.uk.

Lots more Office based fundraising ideas are on the Corporate Fundraising Tips download available on the website.