Cystic Fibrosis counting on your support

Fundraising ideas

Find out more inside...

Fighting for a Life Unlimited
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 Fundraising Support team on 020 3795 2176** to order Trust-branded fundraising materials, from banners and posters to collection tins and balloons.

**Promote your event** - put up posters, hand out flyers, 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.

**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.

**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.

**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 our Fundraising Support team by emailing 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. **Dare your boss**
   Go on, dare you! Double dare you!

7. **Beard shaving**
   Or grow some mutton chops!

8. **Aerobics-athon**
   Get going with those star jumps!

9. **Irish 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**

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 for local events

17. **Festive fundraising**
    Start your own Santa’s grotto

18. **Big picnic**
    Get all the family involved

19. **Joke-athon**
    What did the balloon say to the pin? “Hi, Buster.”

20. **Rounders tournament**
    Your local park is your stadium

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**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.

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Download our ‘How to...’ guides at: cysticfibrosis.org.uk/howto
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!
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

41
Dog walking
So cute!

42
School disco
Girls on one side, boys on the other

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
**101 fundraising ideas**

**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!

<table>
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<tr>
<th>61</th>
<th>Race night</th>
<th>Who will be the fastest?</th>
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<td>62</td>
<td>Mini Olympics</td>
<td>Choose your dream team</td>
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<td>Dress down day</td>
<td>AKA Mufti day - collect money from everyone participating</td>
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<td>65</td>
<td>Computer games evening</td>
<td>Hold a tournament playing your favourite video games</td>
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<td>66</td>
<td>Jewellery making</td>
<td>Use beads and gems to make creations you can sell</td>
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<td>67</td>
<td>Arts and crafts fair</td>
<td>Get everyone involved selling and making</td>
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<td>68</td>
<td>Fashion show</td>
<td>The world is your catwalk</td>
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<td>69</td>
<td>Yes day</td>
<td>Say yes to everyone’s demands (within reason...)</td>
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<td>70</td>
<td>Cycle to work</td>
<td>See how long you can keep it up</td>
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<td>71</td>
<td>Garden party</td>
<td>Fire up the barbecue and set up the marquee!</td>
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<td>72</td>
<td>Netball tournament</td>
<td>Look up the rules and use your local courts</td>
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<td>73</td>
<td>Break a world record</td>
<td>How about the most money raised for a charity in one day!?</td>
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<td>74</td>
<td>Paint balling</td>
<td>This one is going to be painful</td>
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<td>75</td>
<td>Plant sale</td>
<td>Grow them, sell them</td>
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<td>76</td>
<td>Tea and coffee morning</td>
<td>Make sure someone brings the biscuits</td>
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<td>77</td>
<td>Knitting competition</td>
<td>Who can knit a scarf the fastest?</td>
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<td>78</td>
<td>Crafternoons</td>
<td>Invite your friends and stick the kettle on</td>
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<td>79</td>
<td>Come dine with me</td>
<td>Take turns hosting dinner and vote for the tastiest</td>
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<td>80</td>
<td>Bad tie day</td>
<td>Challenge colleagues to wear their very worst ties</td>
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</tbody>
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| **81** | **Skills auction**  
Get people to donate their skills in the office |
| **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** | **Pub crawl in fancy dress**  
It’ll be bananas! |
| **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**  
Two fat ladies, 88 |
| **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! |
| **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 |
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

To find out what other activities and events are happening across the UK visit cysticfibrosis.org.uk/events

Cystic Fibrosis Trust
Helpline: 0300 373 1000
or 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
W: cysticfibrosis.org.uk/donate

Events and fundraising enquiries
T: 020 3795 2176
E: events@cysticfibrosis.org.uk
W: cysticfibrosis.org.uk/events

Gifts in Wills
T: 020 3795 2132
E: legacies@cysticfibrosis.org.uk
W: cysticfibrosis.org.uk/legacy

Corporate partnerships
T: 020 3795 1542
E: company@cysticfibrosis.org.uk
W: cysticfibrosis.org.uk/corporate

cysticfibrosis.org.uk/donate