

Fifty Nifty Fundraising Ideas



Calling all fundraisers! We've trawled through hundreds of fundraising ideas and picked out the fifty best ways to raise cash with your workmates, by yourself or with your friends and family. So whether you ask everyone to pay a donation to take part, get sponsored for taking on a feat of your own or sell a load of stuff, you're guaranteed to get the cash rolling in for Sport Relief 2012.

Do it with workmates

1. Hold a delicious cake sale. Simple as that.
2. Pay to ditch the work attire and dress down for the day.
3. Wax on, wax off – get sponsored to wave goodbye to your hairiest bits at work
4. Challenge a rival team to a “friendly” sports match where everyone pays to play.
5. Tie yourself to a (willing) colleague and get sponsored for your double trouble.
6. Turn the tables on your boss and organise an Apprentice style competition.
7. Reach new heights – get a team together and get sponsored to climb the stairs in your workplace.
8. Dye your hair a fetching shade – your company's brand colours perhaps?
9. Hold an office fun-run in your lunch hour – just pay to take part.
10. De-clutter and raise tons with a lunch-time bring-and-buy sale
11. Host a penalty shoot-out against your boss and charge your workmates to go for goal.
12. Go back to your school days and organise an office sports day where everyone pays to play.
13. Sponge the boss! Who wouldn't cough up to have a go at that?
14. Hijack the boardroom and run your own yoga or aerobics class with a small charge at the door.
15. Get sponsored to come to work dressed as your favourite sports star.
16. Don't look down! See how much cash you can raise for a team abseiling challenge.
17. Set up a swear box at work and you'll raise a \$*(%*^! fortune.
18. Who's got talent? Find out with a staff talent show and charge to watch.
19. Put on a pub games tournament and charge a small fee to enter.
20. Get your groove on – charge colleagues to boogie on down at your very own Sport Relief party.
21. Swap jobs – ask managers to swap jobs with their staff if the price is right.
22. Set up an exercise bike in reception and get sponsored to cycle in a staff relay.
23. Going up? Fine your colleagues when they use the lift.
24. Host a lunch time Sport Relief quiz and see who's the office boffin.
25. Wave goodbye to 'bored' meetings and have a marathon board games session instead!
26. Have a fundraising forfeit – raise a set amount with these ideas and you get to gunge the boss.
27. For the sweet-toothed among you, make everyone pay to guess the number of sweets in a jar.
28. Be the office servant for the day and get sponsored to do jobs around the office.

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Do it yourself

29. Get fit and raise cash by walking or cycling everywhere for a week.
30. Sell a service like back or foot massages. Who could resist?
31. Swim a mile in your local pool.
32. Do a sponsored silence for an entire day.
33. Sell car washes to everyone you know.
34. Get sponsored to row the distance of the English Channel or River Thames on a rowing machine.
35. Complete an epic challenge – like a marathon run – and get sponsored for your efforts.
36. Do all the household chores, for a small fee of course.
37. Give up a treat, your beloved mobile or favourite hobby and get sponsored for your sacrifice.
38. Sell your stuff at a car boot sale or get on eBay quick!

Do it with friends and family

39. Challenge a local team or rival club to a friendly footie match and charge everyone to take part.
40. Get sponsored to cycle from Lands End to John O'Groats in an exercise bike relay with your pals.
41. Get all the hips in the neighbourhood moving and shaking with a hula-hoop competition.
42. Karaoke anyone? Your mates can pay to sing their favourite sports anthems.
43. Charge people to take part in a Wii sports tournament from the comfort of your lounge.
44. Get teams to pay to enter a 24-hour cricket, netball or football tournament.
45. Sell tickets to win a fantastic prize donated by your local gym, cinema or restaurant.
46. Do a tug of war and make the losers pay!
47. Invite your friends to a clothes swap at home. They pay to enter and get kitted out.
48. Build a (safe!) obstacle course in the garden and get your mates to pay to have a go.
49. Host a Sport Relief dinner party on Friday 23rd March, charge guests at the door and watch the big show on BBC1.
50. Do a sports quiz and charge people to take part.

Top tips

- For even more ideas to raise big bucks, pre-order our fantastic free Fundraising Kit now at sportrelief.com/kit
- If you're doing a sponsored event, get ahead of the game and download a sponsorship form from our website: sportrelief.com/sponsorship
- From January, you'll be able to get a Sport Relief Giving Page so you can collect sponsorship cash online. It's the quickest and easiest way to fundraise.
- For advice on fundraising safely, visit sportrelief.com/advice

Whatever you do, good luck! We know you'll be brilliant and all the cash you raise will help people living unimaginably tough lives at home in the UK and across the world's poorest countries.

On their behalf, thank you.