

Fundraising A-Z

Stroke
Association

Finding **strength**
through **support**

Here's our handy A-Z of ideas to help you get creative and boost your fundraising.

A Afternoon tea
Host an afternoon tea and charge people an entry fee. Put on plenty of drinks, sandwiches and cakes for your guests to enjoy. Why not organise a raffle, too? Ask friends, family or local businesses to donate prizes.



B Big night in
Spend quality time with friends and raise money while you're at it. Pick a theme – how about murder mystery or 80s films? A pamper session or poker night? Ask your guests to make a donation (around £10). It'll be cheaper than a night out and you'll be making a difference to people affected by stroke.

C Car wash
Set up a car wash station in the car park at work or your driveway at home. Rope in some friends and family to help you clean as many cars as you can. You could offer tea and cakes while your customers wait, for an extra donation.

D Darts match
Whether you're a complete beginner or get a bullseye every time, this fundraiser is great fun. You could charge people to take part – and to watch the matches. Add a bit of silliness by getting players to balance on one leg and 'fine' them each time they miss the board.



E eBay
Have a clear out and a declutter. Gather up all the books, clothes, toys and household items you don't want any more and list them on eBay. For anything that doesn't sell, organise a pitch at your local car boot sale.

F Fancy dress
Everyone loves an excuse to dress up as someone different for the day. Get your colleagues to pay a fancy dress fee for donning their favourite costume. You could set a theme – anything from film stars to famous historical figures. Or why not host a 'wear purple day' as you're supporting the Stroke Association?



G **Guess my time**
Ask friends and family to take a guess on how long it will take you to complete a task – it could be a 10K run or a 100-mile cycle. Use our handy **Guess my time sheet**, charge £2 per guess, with half proceeds going to the winner and the other half to the Stroke Association.



H **Head shave**
Ask people to sponsor you to brave the shave for the Stroke Association. You could also ask people to sponsor you to dye your hair an eye-catching colour the week before.

I **It's a Knockout**
Why should school kids have all the fun? Organise your own sports day for grown-ups. Charge a registration fee and ask local businesses to donate prizes for the winners. Keep it traditional with an egg and spoon race, or add in some quirky challenges like a relay race on a space hopper.



J **JustGiving**
Online fundraising is the quickest and easiest way to get your donations sent straight to the Stroke Association. So set up your JustGiving page today. Remember to personalise your page with a photo and tell your donors why you are fundraising for us.

K **Karaoke night**
Hire a karaoke machine or just have some friends round and play some classic tunes while singing into a hairbrush. Charge an entry fee and source prizes for your singers.



L **Livestream**
Livestream yourself playing a video game, singing or dancing and ask viewers for donations. Decide how long you will livestream for and set up an online fundraising page.



M **Matched giving**
Ask your employer to match the amount you raise in sponsorship – you'll double every pound instantly.

N **Non-uniform day**
Organise a non-uniform day at school or a dress down day at work. Ask for a donation of £2 to take part. A great way to boost your fundraising.



O **Odd jobs**
Donate your time to help neighbours and friends with odd jobs around the home. Pick up the shopping, walk the dog, babysit or mow the lawn for a small donation and bring in some extra cash.



P Pancakes

How about holding a pancake-making competition at your office? You can charge a fee for people to take part or sell them your signature pancakes.



R Raffle

Buy a book of raffle tickets, sell as many as you can, and give your winners a prize. Simple! Ask local businesses to donate prizes for this low-cost fundraising favourite – it works as a stand-alone activity or as an added extra at a bigger event.



S Sweepstakes

If you're looking for an easy way to boost your fundraising, use our **Pick a Purple Sweepstake** or organise your own. You could ask people to guess 'How many sweets in the jar' or 'Name the teddy bear' and whoever wins gets the item as the prize while you donate the money raised.



Q Quiz night

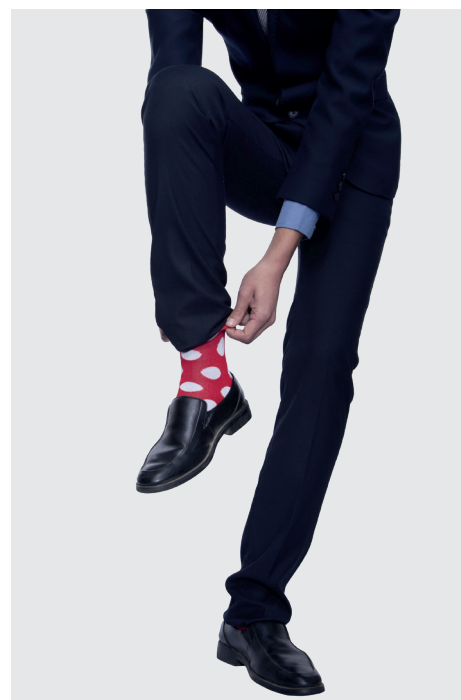
Hold a quiz at your local pub and charge teams for entering.

Don't just invite people you know, get the regulars involved, too. Ask the manager to donate a free meal or drinks vouchers for the winners.



U Unfashionable

Add a twist to the dress down day by asking colleagues to proudly rock their most unfashionable, unflattering outfit. You could show off your clashing prints, sandals with socks, a crazy hat – or all of those at the same time?



T Taxi

Do you drive and have access to a car? Why not offer a taxi service to friends and family? They might even give you a decent tip as it's for a good cause!



V Valentine's Day
Make the most of special events and holidays to keep your fundraising going. You could hold a Valentine's themed bake sale, sell handmade cards, have a 'wear red' day or host a Valentine's wine tasting evening.



W Wax it
Will you or your friends bear the pain to raise money? Get those wax strips and some aloe vera to cool off with.

X Xbox or PlayStation
Organise a gaming session either in-person or online and ask people to donate to take part. You could also come together as a team and ask people to sponsor you to game for a certain number of hours.



Y Yoga sessions
Do you know a yoga teacher who would put on a special sponsored session to raise money for people affected by stroke?



Z Zumba
Ready to feel the rhythm? Get your friends together to dance and donate with this energetic fundraiser.

Whatever you decide to do, your sponsorship will help stroke survivors find strength through support. If you need any support with your fundraising, please get in touch. Email supportercare@stroke.org.uk or call us on **0300 330 0740**

Good luck!