

there  
for you

supporting UNISON members  
when life gets tough



An information guide

## A-Z of fundraising ideas

Let's put the fun into fundraising

## Introduction

Want to raise money for 'There for You' but unsure where to start? The following A-Z of fundraising ideas may be all that's needed to get your fundraising kick-started.

### A

**Abseiling** – Be brave, be noticed and get sponsored for your vertical descent.

**Aerobics class** – Organise an aerobics class and get colleagues, friends and family to pay a donation to join. It's a great way to raise funds whilst getting fit!

**Afternoon tea** – Everyone likes a cuppa! Sell tickets to a tea party and while everyone is there do some extra fundraising.

**Auction/Auction of promises** – Do you have things you're willing to let go of for a good cause? Or, do you have contacts who will give you a few nice gifts? Or, maybe you and others you know have a particular skill set that you could auction off – such as baking a birthday cake.

**Afternoon tea** – Whether at work, home or somewhere else, why not host an afternoon tea party and ask for a donation in return.

### B

**BBQ** – Everyone loves a BBQ! Invite friends, family, colleagues and ask for a small donation in return.

**Bike ride** – Another great way to get fit. Whether a virtual bike ride or planned route, covering a big or shorter distance your efforts will make a real difference.

**Bingo** – A game of bingo is a bit of fun and a quiz game that can easily be adapted to suit your audience. Charge for tickets and ask around for prize donations.

**Book sale** – Invite colleagues and friends to donate their unwanted books and resell for a small donation. Maybe your employer will provide some space to set up a book corner.

### C

**Car boot sale** – Set up a sale at your local car boot sale event and sell items that you don't really want or need any more in exchange for cash.

**Car wash** – So many people pay at least a fiver these days to get their car washed. Find out who drives their car to work and offer to wash cars in your lunch hour. Get a team together and you'll be done in no time.

**Challenge event** – Keep your eye out for challenge events organised by There for You or your regional welfare committee.

**Cinema screening** – Hosted in a local hall, your living room or somewhere else, get a film you know will be enjoyed and invite people along to a cinema screening. As well as selling tickets, you can raise extra cash on the night by selling popcorn and refreshments.

**Coffee morning/cake sale** – Nearly everyone needs a cup of coffee first thing so a coffee morning is a great way to fundraise. Think about getting a friend to do some baking as well. Nothing nicer than a coffee and a bit of cake first thing!

### D

**Dinner party** – You can host a dinner party any time of the year. Pick a theme such as a Caribbean or Curry Night. Either ask guests to pay a fixed amount or, send an envelope round at the end of the meal so that guests can donate what they would have paid in a restaurant for the meal.

**Darts match** – Whatever your game, round-the-clock, closest to the bulls-eye, team darts or something else... make it fun and raise money at the same time.

### E

**Eurovision party** – Love it or loathe it, everyone can party on Eurovision night. Host the evening and ask guests to pay to come along.

**Eighties night** – Disco and neon clothes. Time to party!

**Easter Egg raffle** – Who doesn't like chocolate? Buy a luxurious egg to raffle. Maybe your local big supermarket would even be prepared to donate one.

**Expenses** – Get anyone in your UNISON branch to donate a % of their expenses claimed during the course of the year. If they gift aid their donation then even better.

### F

**Football match/Five-a-side football** – A great fundraiser. Enter teams of colleagues and organise a tournament or a game between friends. You can charge a fee to play and you'll be helping people's fitness levels at the same time. Invite spectators to pay a fee to take part in a penalty shoot out.

### G

**Games night** – Host an evening of games or organise over a lunch break. Whether it's Cluedo, Monopoly, Scrabble or card games all you have to do is put on a few refreshments and charge a fee to play.

**Give something up** – Can't live without chocolate or your favourite tittle? Or have a habit such as smoking that you want to break? Why not donate the money you save from giving up your habit or get sponsored by friends and family for your hard efforts?

## H

**Hiking** – Take a hike and raise money for There for You!

**Head shave** – You need to brave to do this one but there may be a UNISON member in your branch who is willing to face the razor or even allow the highest bidder to carry out the shave. This is one event where you must take photos. Send to thereforyou@unison.co.uk

**Halloween party** – These days everyone loves Halloween. Charge guests an entry fee, have ‘Thriller’ playing in the background and have a ghoulish night.

**Hogmanay** – If Halloween doesn’t take your fancy then celebrate Hogmanay or prepare a traditional Scottish meal and ask family and friends to make a donation.

## I

**Indoor rowing** – Set yourself a personal rowing challenge or have fun tackling the distance as a team with friends, family and colleagues.

**Ice bucket challenge** – Not for the faint hearted but you never know... there’s always someone ready to give it a go.

**International evening** – Love particular food or just returned from holiday where you tried new dishes. Host a dinner party with an international theme and charge people an entry fee. Quizzes are another great way to raise more money on the night itself.

## J

**Jumble sale** – Have a clear out and sell your stuff at a jumble sale to raise money.

**James Bond** – Movie night and Martinis.

## K

**Karaoke night** – Still one of the best ways to raise money (you’ll be surprised how many people will have a karaoke machine that they’ll be willing to lend). A guaranteed fun event for everyone.

## L

**Luncheon** – Whether it’s a formal event or something simpler like an al fresco lunch in the office. Get creative and put together a menu of scrumptious food.

**Line dance** – Heaps of fun for everyone. Organise an evening if you don’t know the steps yourself, think about hiring a caller for the evening. Just google ‘line dance caller’ and you’ll find instructors around the UK who can help make your event a success. Expect to pay anything from between £80-£150.

## M

**Marathon running** – If you’re a budding athlete and have the aptitude to run 26.2 miles or a half-marathon, then why not raise money for There for You? It’s not just the London Marathon, across the UK other marathons are organised every year with the sole purpose of raising money for charity. Getting sponsored will help you stay motivated while you’re training!

**Matched giving** – Don’t be afraid to ask your employer whether or not they will match what you raise even if it’s up to a certain amount.

## N

**Nearly new or new clothes sale** – How many of us have clothes hanging in our wardrobe that have never been worn. Organise a clothes sale and tell buyers that a percentage of all sales will go to There for You.

**Netball or any other kind of sport tournament** – A match between friends, or for something bigger ask everyone to enter teams of colleagues to turn it into a tournament. It’s also a great way to get fit!

**Name the/guess the...** Whatever it is you choose a simple guessing game/or most original name will get people competing to win. Charge per entry and provide a percentage of the money raised as a prize or try to get one donated.

## O

**Office fundraising** – Short of time but really want to make a difference? Then, whatever the event, in the office is the ideal place to raise money.

## P

**Parachute jump** – Take a jump if you dare! We’re sure there will be plenty of people willing to show their support by sponsoring you.

## Q

**Quiz night** – An easy one to host, whether it’s in a pub, church hall or at home. For an evening of relaxed entertainment, ask groups for an entry fee some find your quiz questions online.

## R

**Raffle** – Yes, it’s tried and tested. Everyone likes a raffle. If you’re planning on organising a large scale raffle, check out our information guide.

**Running** – Taken up running as part of a fitness regime? While you’re pounding the streets and clocking up the miles, get sponsored.

## S

**Skydive** – See under parachute jump

**Sweepstakes** – A sweepstake could be the perfect way to raise some money.

**Spinathon** – Like the idea of getting fit and taking part in a spin class. Motivate yourself by getting sponsorship.

## T

**Tea party** – A good cuppa can make all the difference. Organise a tea and bake sale at work or invite friends and let everyone know that you're raising money for There for You.

## U

**UNISON event** – There's no better way to raise money than from amongst UNISON members. At the same time, you'll have a wonderful opportunity to let members know about the help and support that There for You provides when members are facing personal hardship. Choose from any of the events in this list.

## V

**Valet** – Yes we ran out of ideas and maybe valeting someone's car isn't your idea of fun. If you've an idea that we can include under 'V' then email [thereforyou@unison.co.uk](mailto:thereforyou@unison.co.uk)

## W

**Walk** – Get a group of friends, colleagues, UNISON members together for a day's walking. Choose your route and raise money at the same time. Not sure where to walk – there's loads of online sites with free detailed route maps for differing levels of fitness.

## X

**Xmas gift wrapping service** – You've seen this offered in shopping centres. Take the stress out of gift wrapping for others and raise money at the same time.

## Y

**Year to remember** – What's the most memorable year of your life? Why not make it this year for all the right reasons. Challenge yourself to do something that will make a difference.

## Z

**Zip wire experience** – Are you an adrenaline junkie or want to face your fear of heights. There are ziplines across the UK that you can visit. Get sponsorship to take part and raise money for There for You.

**Zumba** – If you're feeling energetic and want a physical challenge that lots of people can take part in then this is a fun way to raise sponsorship together.

We are immensely grateful to everyone who raises money for There for You, the charity that is exclusively for UNISON members

There for You – supporting UNISON members when life gets tough

Tel: 020 7121 5620

[www.unison.org.uk/thereforyou](http://www.unison.org.uk/thereforyou)



There for You is the working name of UNISON Welfare, a registered charity supported by UNISON the trade union. Registered charity no.1023552/SCO38305