



Aching Arms

Registered charity 1153296

A-Z Fundraising ideas

Want to raise money but not sure what to do? Here's some inspiration in our A-Z of fundraising ideas.

A

Abseil – try a sponsored abseil down a building or well-known landmark

Aerobics-athon – get active and hold a sponsored aerobics session, or maybe even a 12-hour event

Auction of promises – walk the dog, clean the house, do the washing up for a week, offer to babysit – collect as many promises as you can and auction them off

B

Bake Off – get friends and colleagues to hold a Bake Off competition, you could be the judge!

Bring n Buy Sale – organise a sale with all proceeds go to Aching Arms

Baked bean bath – sit in some cold baked beans or persuade others to!

Beard shave – your own or someone else's – and get sponsored

C

Cake sale – bake your own or ask for donations to sell

Coffee morning – ask friends round for a cuppa and raise some money at the same time

Charity ball – organise a venue, food, entertainment and you could have great night and raise money

Craft fair – sell your own items at a craft fair or organise your own fair and ask crafty stallholders to pay for a stall

Candle sale – hold a candle sale and ask if your party organiser can give your commission to charity

Car boot sale – have a clear out and take your items to a car boot sale

Cycle challenge – keen cyclist? Then why not set yourself a cycle challenge or have Aching Arms as your chosen charity if you are taking part in a long bike ride

Collecting tins – have one of our collecting tins in your shop or even in your home

D

Dress up days – ask work colleagues to dress up in their poshest outfits or silliest dress up clothes they can find

Dress down days – ditch the suits and formal office wear and go casual for the day

Dart-athon – get some mates together and play darts, how many hours could you manage?

Duck Race – people can pay to enter their rubber ducks into a race down a river

E

eBay selling – if you use eBay you can select the option that allows you to give a percentage to your chosen charity

Easter egg hunt – hunt for chocolate eggs or place pictures of eggs around a playing field and get the kids to spot them all

Easter egg painting – hold a competition to see who comes up with the best painted Easter egg

Egg & spoon race – lots of fun for people of all ages and easy to set up

Easy Fundraising – sign up to www.easyfundraising.co.uk and earn money for Aching Arms while you shop online

F

Football match – charity football matches are great fun, try kids against adults or girls against boys

Fishing match – if you know any keen anglers you could organise a fishing match

Flower bombing – plant flower seeds, that we send you, in your garden, a field or park

Face painting – get the face paints out, kids love it!

Film night – could be a children's party or a night in with your friends and family watching some films

G

Garden Party - invite your friends and family for a fun garden party – be prepared for British weather though!

Guess the ? – weight of the cake, name of the teddy, number of sweets in a jar – the list is endless

H

Hook a Duck - hold your own hook a duck game

Head shave - do you dare to shave your hair off to raise money?

Halloween Party – get spooky, dress up and have a party

I

It's a Knockout – bring back the competition and hold your own series of games

Ironing – offer to do friends and family's ironing for a week – for a donation

J

Jumble Sale – have a clear out and see what you can sell at a jumble sale

Jewellery making – get creative and make some jewellery that you could sell

Juggling competition – can you juggle with three, four or more balls – hold a contest to see who can juggle the most

Jelly eating contest – who can eat the most jelly only using their hands?

K

Karaoke – get vocal with a karaoke evening – pay to sing

Knitting – knit some items and sell them or hold a knitting competition where entrants have to knit a bear and you get to judge the best one.

Kayaking – get sponsored for a kayak challenge

L

Leg wax – a daring challenge for the men

Line dancing – either learn to line dance or hold a line dancing night for enthusiasts

Live music night - maybe you are in a band or know some local musical talent who may be happy to perform as part of a live music night

Lucky dip – hold a lucky dip stall with surprise presents, everyone's a winner

M

Mile a Day for a month – walk/run/cycle a mile every day for a month

Mile of coins – collect coins 1p to £2 and create a mile of pennies in your town centre or local park

Mastermind event – what's your specialist subject, ask a few of your friends to take part in a Mastermind event

Magic show – ask people for a donation to see a magic show – great for kids and adults

N

Nearly New Sale – organised a sale or take along some of your goods to a sale and donate the proceeds to charity

New Year's Resolutions – stick to your resolutions this year and get sponsored to follow them through

Name the teddy – ask people to have a go at naming the teddy

Night time walk – organise a walk but hold it during the night

O

Open mike night

Open gardens – if you are a keen gardener you could show off your horticultural skills and ask for donations for people come to visit

Obstacle course – create an obstacle course and challenge your friends to take part

P

Pyjama Day – wear your pyjamas to work or school

Pancake race – hold your very own pancake race

Puppet show – organise a puppet show – great entertainment for kids

Q

Quiz night – create a general knowledge quiz

Quit something - anything – your phone, social media, the internet, wine, chocolate for a week or a month

R

Raffle - ask for prizes to be donated and sell raffle tickets

Race night – hold a race night to raise funds

Ramble – organise a ramble, on your own or with friends, and get sponsored

S

Sponsored anything – silence, bike ride, swim, run whatever takes your fancy

Silent auction – collect lots such as days out, spa days, cinema tickets, supermarket vouchers and so on and then ask for sealed bids – the winner gets the prize and the money goes to charity

Skittles – hold a skittles competition

Swishing - a clothes and accessory swapping event – take along an item that you no longer need and pick up something else you do need for free – ask for a donation towards the charity

Splashathon – organise a team to swim for 24 hours

Smartie tube – hand out Smartie tubes and once all the chocolate has been eaten ask people to fill the tube with coins and hand back to you

T

Toddle waddle – organise a short walk for toddlers and pre-schoolers to take part in

Tandem skydive – feeling brave then why not take part in a tandem skydive

Toy sale – have a clear out of the kids' toys and sell them

Tombola – an easy way to raise money by holding a tombola

Treasure hunt – make this as small or big as you want – find hidden treasure in small sandpit or get people to follow a series of clues to find some treasure

Ten pin bowling – hold a competition for teams or individuals

Talent competition – get talented friends and family to take to the stage for a one-off contest

U

Unwanted presents – sell your unwanted presents

V

Variety show – organise a variety show

W

Welly throwing – organise a contest to see who can throw their wellies the furthest

Wine tasting – one for the adults, hold a wine tasting evening and charge for each wine tasted or ask for a donation at the start of the evening

X

X Factor contest – give any future stars a chance by holding your own X Factor competition

Xmas hampers - sell Christmas hampers with the profits going to Aching Arms

Xmas card donation – instead of sending Christmas cards this year make a donation to charity

Y

Yo-yo competition – hold a competition to show off all your tricks with a yo-yo

Yoga-thon – hold a day of yoga invite friends and family to join you

Z

Zumbathon – get shimmying with a Zumba workout

Zodiac evening – see what the stars say with a special reading of your zodiac chart