

A-Z guide of fundraising ideas

A

Arts and craft

Get together for an afternoon of craft making or sell your items at a community stall or market

B

Brave

What are you scared of? Overcome your fears and ask for donations

C

Coffee morning

Invite friends over and put the kettle on, bake some treats and enjoy

D

Dancing

Tea dances or Strictly nights, swing those partners!

E

eBay

Unwanted gifts can be sold online, connect to our eBay page and donations come to us - easy

F

Football

Organise a 5-a side for some friendly competition at your club or school or get your own group together

G

Give up something

Give up meat, chocolate or alcohol – it's easier in a group for moral support

H

Hair

Have a team dye your hair day or shave it all off

I

I don't know

Stuck for ideas, give our fundraising team a call and let's have a chat

J

Jumble sale

Collate unwanted clothes and bric-a-brac at home or at work and ask for donations

K

Kids

Sleep outs, bike rides, craft afternoons and sport days – involving the kids in the fundraising can be lots of fun!

L

Lunch

Organise a lunch with your friends and sell tickets or ask for donations. How about a picnic if the weather is nice or get your local café involved?



Bowel Cancer UK
Beating bowel cancer together

M

Music

Sell tickets for a music night in a local pub and book in a band or try some karaoke!

N

Nominate

Why not nominate your friends to do a challenge with you, from press ups to parachuting, you decide the activity

O

Office fundraising

Bake it, quiz it, theme it! Add a little team competition for some extra donations

P

Pyjama party

Matching pyjamas and a film night are a great way to raise some cash, ask for donations or add in a tombola

Q

Quiz night

Winning prize and wooden spoons - ask your local pub to hold a charity quiz night

R

Running

Sign up to a 5 or 10k race or invite your friends and run your own distance

S

Swimming

Outdoors or indoors - it's up to you, all you need is some water and a cossie or trunks

T

Themed

Dress up in our brand colours or have a dress down day at work, school or home

U

Unfashionable

Wear mish-mash outfits, terrible colours and prints, or hold an unfashionable bring-and-buy sale and get rid of the stuff!

V

Velodrome

Be inspired by the Olympics and get on your bike, pick your own distance or join an event

W

Walk

Organise a group for a five or ten mile walk and get sponsored

X

X-Box

Gaming nights are great with your friends, in person or virtually

Y

Yoga

Ask your local studio to donate their class fees or download an app for a yoga morning you can hold with friends

Z

Zumbathon

Shout Zumba whilst dancing and laughing, have fun and raise money too

Once you have your idea contact the fundraising team, we would love to hear from you community@bowelcanceruk.org.uk 020 7940 1769

bowelcanceruk.org.uk

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