



Headway
Nottingham



FUNDRAISING A-Z

A

AFTERNOON TEA: Hold an afternoon tea for your friends and family or even in the office. Enjoy some yummy cakes and sandwiches!

AUCTION: Organise an auction, ask friends, family and even local businesses for items to auction off.

B

BINGO: Organise a bingo night for friends and colleagues. Collect a donation to join and give the winner a cut as prize money.

BOOK SWAP: Books are made to be shared. Why not host an office book swap day? Promote the event around the office and encourage everyone to bring in their own books. Make a donation to participate!

C

COME DINE WITH ME:

Why not hold your very own dinner party? Invite friends and family to enjoy your culinary delights in exchange for a donation!

COMEDY NIGHT: Raise money and have a laugh with your own comedy night.



D

DARTS COMPETITION: Hold a darts competition and see who gets a bullseye.

DRESS DOWN DAY: Ask everyone to donate £2 to come to the office in casual dress, or have a theme, eg. everyone wears blue.

E

E-BAY OR VINTED: Sell your unwanted bits and bobs online and donate money from sales to Headway Nottingham!

EXTREME CHALLENGE: Swim the distance of the River Trent in your local pool or run the length of Nottinghamshire on a treadmill! No need to be a superstar athlete for this - you could split the distance over a few days or weeks.



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FILM NIGHT: Host a film night for your friends and family and create a cinema ambiance at home. Don't forget the popcorn!

FOOTBALL: Why not arrange a fun five-a-side football tournament? You could donate each team's entrance fee to Headway Nottingham.



GIVE IT UP: Give up something you love for a good cause. Avoid chocolate, social media or using the lift - choose your challenge and ask your friends to show their support by sponsoring you for Headway Nottingham.

GUESS THE NUMBER: A school fete classic - ask your friends and family to guess the number of sweets in a jar, with the closest guess winning all the sweets!



HATS FOR HEADWAY:

Recruit your colleagues and wear your silliest (or favourite!) hat for Headway Nottingham! Ask everyone to donate £2 to participate.



HEAD SHAVE: Shave your head to raise money for Headway Nottingham!



ICE CREAM PARTY: Invite your friends and family over for an ice cream party with lots of different flavours and toppings. Who's going to make the tastiest sundae?

INTERNATIONAL FOOD PARTY: Ask your friends and family to bring dishes from around the globe and enjoy what the world has to offer!



JOKES CONTEST: Crack out your best jokes and see who gets the most laughs.

JUMBLE SALE: Hold a jumble sale and sell all your old bric-a-brac. You can also ask your friends and family for donations to sell.



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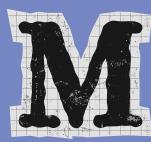


KARAOKE NIGHT: Who has the hidden talent?!

KEEPY-UPPY COMPETITION: Who can keep the ball in the air for the longest?



LEARN A LANGUAGE: Do any of your colleagues speak another language? Ask them to run a short lunchtime course with your team making a donation to Headway Nottingham to attend.



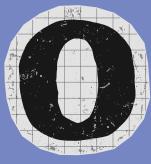
MOW LAWNS: Ask your neighbours if they want their lawns mowed in exchange for a donation to Headway Nottingham.

MURDER MYSTERY NIGHT: The greatest question of all - 'whodunnit?' Invite your friends and family over to play detective and solve the mystery.



NAME THE SONG: Challenge your group to name the song in the first 10 seconds.

NETBALL TOURNAMENT: Organise a friendly netball competition for donations or sponsorship



ODD JOBS: Offer odd jobs for people in exchange for donations. Why not offer to do their shopping or wash their car?

OFFICE OLYMPICS: Become an office Olympian by participating in a number of fun events such as paper plane flying and waste paper basketball! Don't forget the risk assessment...



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P

PHOTO COMPETITION: Do you know any keen photographers? Organise a photography competition and ask entrants to make a donation to Headway Nottingham. You could even set a theme. Any stand-out entries could be auctioned for a fundraising boost!

POSITIVE STEPS: Change your route to work for a week; can you walk instead and donate your usual travel costs? How about getting off the bus a few stops early and collecting sponsorship for your walks?

Q

QUIZ NIGHT: Hosting a quiz is easy to organise and a lot of fun! Be creative with quiz rounds; musical bingo, Family Fortunes or The Generation Game.



R

RAFFLE: Ask your partners, suppliers or friends to donate some fab prizes and organise a raffle. Get in touch to check whether you need a licence - we can help!

ROUNDERS TOURNAMENT: Hold a rounders tournament and see who still has their PE skills!

S

SPRING CLEANING: Rummage through drawers and garages to find those old clothes or forgotten about belongings and hold a jumble sale or clothes swap shop in your office or for friends.

SWEEPSTAKE: Hold a simple sweepstake on any event: Strictly, Bake Off, World Cup etc. Charge to enter and split the money between the winner and Headway Nottingham.

T

TOMBOLA: Host a tombola in your local community and give people the chance to win some lovely prizes.

TREASURE HUNT: Organise a treasure hunt around your local area. You can make it personal by including your favourite hang out spots, or by including local businesses.



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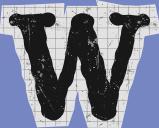


UNIFORM-FREE DAY: Ideal for local schools, ask students to bring in a small donation to wear their own clothes for the day.

UNIVERSITY CHALLENGE: Hold a university challenge style game and find out who's the smartest.



VILLAGE FETE: Take things back to basics and hold a village fete. You could have lots of different stalls including all the favourites: lucky dip, tombola, guess the name of the teddy, guess the number of sweets in the jar - and it's not a village fete without a cake stall.



WALK TO WORK: Get those steps in as you walk to work and donate the cost of your commute to Headway Nottingham.

WEAR IT: Clashing colours or three hats, what will your friends choose? Ask your friends to make bids, with the highest bidder getting to choose what you wear for the day.



X-BOX: Whether you like the X-box, Nintendo or Playstation, host a gaming night with your friends and family! Who doesn't love a Mario Kart competition?!

XMAS: Hold a party, go carol singing, sell mince pies, or provide a gift-wrapping service.



YOGATHON: Have a yoga marathon and stretch out whilst raising vital funds for Headway Nottingham!



ZERO WASTE DAY: Challenge your colleagues to go zero waste for the day. Ask for £2 donations to take part and split the funds with the most successful person and Headway Nottingham.

ZUMBA: Host a Zumba party with your friends and family and have non-stop fun whilst working out and raising money!