

# A - Z Fundraising Ideas



## Ménière's Society

for dizziness & balance disorders

We're on hand to help you with your fundraising  
Please contact us for more info & resources:

[info@menieres.org.uk](mailto:info@menieres.org.uk)

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

*Anything but clothes*

An imaginative party with a difference...

Hold a party where attendees have to come dressed in anything but clothes! Charge an entrance fee & offer prizes for the best dressed

**Other Ideas**

**Abseil**

**Anniversary**

**Auction**

**Art Sale**



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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

# Blue Monday

Go blue on the bluest day of the week!

## How to

Ask your colleagues, local school or pub to wear blue on a Monday (obviously), & pay £1

## Other Ideas

Bake Sale

Bag packing

Bring 'N' Buy

Bingo



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A B **C** D E F G H I J K L M N O P Q R S T U V W X Y Z

# Coffee 'N' Cake

Hmmm... cake! Need we say anymore?

## How to

Ask friends, family or work colleagues to make some cake & enjoy an afternoon of treats & natters for a donation

## Other Ideas

Craft Fayre

Car washing

Collection

Car Treasure Hunt



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A B C **D** E F G H I J K L M N O P Q R S T U V W X Y Z

# Dog Show

Woof woof – who's game?

## How to

Great event for a village.

Come up with various  
categories & offer prizes.

Invite judges & sell drinks

## Other Ideas

Donation in lieu

Dinner dance

Donation collection

Dress down day



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A B C D **E** F G H I J K L M N O P Q R S T U V W X Y Z

# Exhibition

Showcase the talent of local artists...

## How to

Invite local artists and crafters to display their works and charge an entry fee. You can run an auction/raffle as well as agree a % of sales

## Other Ideas

Easter Bingo

Eurovision Party

Easter Raffle

Egg 'n' spoon race



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A B C D E **F** G H I J K L M N O P Q R S T U V W X Y Z

# Fun Day

Something for the families...

## How to

Cake stalls, bouncy castle,  
raffles, BBQ & games, all  
with the aim of a fun day out  
for the family

## Other Ideas

Film night

Five aside footy

Flower show

Fashion Show



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A B C D E F **G** H I J K L M N O P Q R S T U V W X Y Z

# Golf Day

Ready, steady, tee off...

## How to

Invite corporate teams to compete with golf challenges. Seek event sponsors for prizes

## Other Ideas

**G**ive it up

**G**arage sale

**G**ift wrapping

**G**ames night



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A B C D E F G **H** I J K L M N O P Q R S T U V W X Y Z

# Heads or Tails

The ideal fundraiser for a wedding, party or ball...

## How to

Pay £1, everyone stand up & choose heads or tails by holding their head or bottom. The organiser flips a coin & those who are wrong sit down.

Continue like this until one person is left standing and wins a percentage of the money

## Other Ideas

Horse betting

Haircut or shave

Half 'n' half

Hoola-hoop comp



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A B C D E F G H **I** J K L M N O P Q R S T U V W X Y Z

# Ice Bath

A good one for brave kids!

## How to

Simple but hard! Fill a bath or large bucket with water & ice. Ask for sponsorship to take a dip.

## Other Ideas

It's a knockout  
IQ competition  
Info stand  
Ice cream sale



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A B C D E F G H I **J** K L M N O P Q R S T U V W X Y Z

# Jail break

Fun event for families, companies or students

## How to

Teams are challenged to travel the furthest in a certain timeframe. No travel payment allowed!

## Other Ideas

Jam making/selling

Jumble sale

Jamaican night

Joke-a-thon



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A B C D E F G H I J **K** L M N O P Q R S T U V W X Y Z

# Knit Bombing

Brilliant for raising awareness...

## How to

A new & popular craze.  
Groups knit wool to  
decorate areas overnight  
i.e. fence railings /  
postbox

## Other Ideas

Kite flying  
Karaoke  
Kayak race  
Kilimanjaro climb



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A B C D E F G H I J K **L** M N O P Q R S T U V W X Y Z

# Lemon Skills

This is great for a pub & harder than it sounds...

## How to

One lemon, one jug of water & a lot of patience!  
Can anyone balance a coin on the lemon? If so, they win double their money!

## Other Ideas

Lose weight  
Loose change  
Live music  
Ladies' day



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A B C D E F G H I J K L **M** N O P Q R S T U V W X Y Z

# Money Maker

**Ideal teambuilding activity for work**

## **How to**

**Each team is given an amount of money to use to make more money. Who will make the most?**

## **Other Ideas**

**Movie night**

**Mountain climb**

**Music event**

**Moustache grow**



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A B C D E F G H I J K L M **N** O P Q R S T U V W X Y Z

# Non-Uniform

Quick and simple money maker...

## How to

Ask your school or workplace to have a dress down day in return for a £1 donation to the charity

## Other Ideas

Night walk

Nothing to eat

Number quiz

Name the teddy



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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

# OK Day

Say OK to everything – not as easy as it sounds!

## How to

Get sponsored to go 24 hours saying OK to everything! Foot massage anyone? Gardening...?!

## Other Ideas

- Open mic night
- Online auction
- Och Aye Canoe
- Odd job day



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A B C D E F G H I J K L M N O **P** Q R S T U V W X Y Z

# Pint 'N' Pasty

Great for the chaps after a charity walk or run...

## How to

Find a pub willing to sell a pint & pasty for a good price. Sell tickets to an event making a profit to go to the charity...

## Other Ideas

**P**hoto comp

**P**oem comp

**P**ancake race

**P**in selling



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A B C D E F G H I J K L M N O P **Q** R S T U V W X Y Z

# Quiet Time

Kids being quiet? Raising money for charity?

## How to

Kids are sponsored to be quiet for a certain amount of time. Tie it in with hearing loss awareness

## Other Ideas

Quiz night

Quit it

Question of Sport

Quad bike rally



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A B C D E F G H I J K L M N O P Q **R** S T U V W X Y Z

# Race Night

Horses, ferrets, pigs? You choose & make it a

## How to

Take bets on who (or what) will win the race(s). Raise more funds by having a BBQ or raffle

## Other Ideas

Raffle

R&R Evening

Raft building

Rugby Match



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A B C D E F G H I J K L M N O P Q R **S** T U V W X Y Z

# Silly Socks

An easy fundraiser for school or work...

## How to

Who has the silliest socks?

Pay £1 to take part with the  
craziest sock wearer wining a  
prize

## Other Ideas

Swear box

Skydive

Strongest man

Swim-a-thon



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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

# *Terrible Ties*

(Or scarfs) easy to organise, fun to take part in...

## How to

Charge £1 to wear a terrible tie/scarf to work. Get a group photo to raise awareness & laughs!

## Other Ideas

Table top sale

Tombola

Toy sale

Tray bake sale



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A B C D E F G H I J K L M N O P Q R S T **U** V W X Y Z

# Unwanted Sale

Perfect post-Christmas event for school or work...

## How to

Donate unwanted gifts to be sold in aid of the Society.

You could add a raffle to boost funds too

## Other Ideas

Unusual talents

Uniform party

Up, up & away  
(balloon race!)



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A B C D E F G H I J K L M N O P Q R S T U **V** W X Y Z

# **V**ery Funny!

Comedy nights are always a laugh...

## **How to**

Contact local comedians,  
book a venue and sell tickets  
to a night of fun and  
laughs...

## **Other Ideas**

**V**ariety show

**V**eg growing

**V**olleyball match

**V**intage car rally



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A B C D E F G H I J K L M N O P Q R S T U V **W** X Y Z

**W**hen I grow up

Does your current job match your childhood

## How to

Fancy dress party wearing the outfit of your childhood career dream. Charge an entrance fee & have a night of giggles

## Other Ideas

**W**ax off

**W**alk, run or cycle

**W**eekly walk group

**W**elly wanging



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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X marks the spot

A treasure hunt is fun to organising and partake in...

## How to

Treasure hunts always go down well. Whether it be walking, driving or sticking a pin in a map!

## Other Ideas

Xmas card selling

Xbox marathon

X-factor night

Xmas Fayre



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A B C D E F G H I J K L M N O P Q R S T U V W X **Y** Z

# You Choose!

We've come up with some ideas, why don't you?

## How to

Some of the most unique ideas come from supporters. Take the 'ice bucket challenge' for example!

## Other Ideas

Yawn box

Yes No game

Yoga-thon

Yo-yo comp



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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

# Zoo Party

Monkey around and bring out the animal in

## How to

Hold a party with a zoo theme. Fancy dress, animal games & challenges, raffles etc...

## Other Ideas

Zodiac reading

Zany dress day

Zzzzz ban

Zumba-a-thon



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## The Safety and Legal Bit

**There are a number of laws and regulations governing how people can collect or fundraise for a charity. Different rules apply depending on where and how you decide to raise funds. They are designed to protect you from fraud and to ensure best practice. When fundraising for the Ménière's Society we ask you to keep it legal and comply within the law and other relevant rules and regulations, as well as the Society fundraising rules. It is essential that any fundraising activity/event is run legally and safely.**

**Note: The event's organiser is responsible for ensuring compliance with legal, health and safety standards. If your event involves the general public, it's a good idea to have Public Liability Insurance. Check first to see if your venue already has this.**

The Ménière's Society logo may only be used with our specific permission. If you are fundraising for the Ménière's Society, please use our charity registration number (297246) on all publicity materials and include the disclaimer: *"This event is raising funds in aid of the Ménière's Society (RCN: 297246). The Ménière's Society really appreciates your support, but is not liable for this event."*

Any donations collected in one of our collection boxes are intended solely for the use of the Ménière's Society. Please return any monies raised to us as soon as possible after your event so that we can say thank you and send you your fundraiser's certificate.



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Raising money or selling goods for charity in streets or public places usually requires a permit or licence from the appropriate local authority. House-to-house collections also require a licence. To collect money on private property you need permission of the owner/landlord.

**Sending money to the Ménière's Society:** Please ensure any money collected for the Society is sent to us as soon as possible after the event. If cheques have been made payable to you or you have been given cash, don't worry, just pay them into your bank account and then send us a cheque for the total amount. Alternatively, you can pay direct into our bank account via our website <http://www.menieres.org.uk/support-us/make-a-donation>.

Cheques should be made payable to the *Ménière's Society* and sent with details of how the money was raised to Ménière's Society, The Rookery, Surrey Hills Business Park, Wotton, Surrey RH5 6QT. Please include your name, address and details of your event with your cheque so that we can say '*thank you*'.

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**Disclaimer:** It is recommended you always consult a qualified health professional, such as your GP, consultant or therapist for professional guidance before you take part in any fundraising event or activity.



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