

# FUNDRAISING IDEAS

This list of easy fundraising ideas includes some of our favourite ways to raise money for Sparks. They can be used at home on your own, with family or with colleagues!

## Take on one of our CHALLENGES

Take on a challenge on your own or with a team!

- Yoga or wellness challenge
- Team mile challenge
- Grow an indoor garden challenge
- Sponsored baking or cooking challenge
- A week or month without alcohol challenge



## Things to do TOGETHER

Meet up virtually, donate and have some fun!

- Coffee mornings
- Pub quiz
- Cocktail night
- Painting and drawing session
- Dinner with loved ones



## VIRTUAL CLUBS



Get together regularly and donate a fee for each session!

- Book club
- Movie club
- Gin club
- Crafting club
- Language club



## DONATE THE COST



Donate the cost of something – coffee, lunch or the gym, it's up to you!

- The price of one day's lunch
- Friday night drinks – donate what you would have spent at the pub!
- Your commute or fuel costs
- £1 for each time you leave the house
- Have a wardrobe clear out and virtual auction!

## We'd love to hear from you

Why not start a fundraising page and see what amazing things you can do? For more help with your fundraising or to tell us what you're doing, email [community.fundraising@sparks.org.uk](mailto:community.fundraising@sparks.org.uk) or call 020 3841 3179.