

A-Z Fundraising Ideas

A ALLERGY-FRIENDLY BAKE SALE

A Introduce colleagues, friends or schoolmates to new recipes and delicious alternative ingredients and whip up some allergy-safe sweet treats for all to enjoy.

C CRAFT & ARTS

C Do you have a special crafting talent? Why not make and sell some handmade items - a great activity for a rainy day or during the school holidays!

E EMPLOYER MATCH FUNDING

E Many companies, regardless of size, support employees through matched giving. Don't be afraid to ask!

G GUESS THE...

G Sweets in a jar is an obvious choice, but you could always think outside the box. Pennies in a bucket? Ping pong balls in a bath? Make it a talking point and ask participants to guess for a £1.

B BIDDING WAR

B Reward your biggest donor by allowing them to embarrass you for one day only - whether it's dressing you in your sports team's rival kit, or making you dance in the street.

D DONATE YOUR BIRTHDAY

D This year, ask loved ones to give a 'birthday gift' to Anaphylaxis UK. Facebook makes it really easy for you to use your birthday to raise money for a cause that's important to you.

F FANCY DRESS

F If you're the boss or Headteacher, why not organise a 'Wear It Orange' day and ask everyone to wear their brightest attire in exchange for a small donation.

H HOME COLLECTION BOX

H Search high, low and deep for those pounds and pennies. Notes are even better! Build up your pot of loose change and then pay online: www.anaphylaxis.org.uk/donate

IN IT TO WIN IT

I Whether it's a big sporting event or guessing how long it will take you to cross the finish line, a sweepstake is a great way to fundraise. Don't forget to download our [sweepstake form](#).

JUMBLE SALE

J Rummage around the house to see what unwanted items you have lying around that can go to a new home. Tell your neighbours what you're up to and donate your takings.

KARAOKE NIGHT

K It's not for everyone, but it *is* a great way to raise money. Either host your own X Factor studio at home, or go big and approach a local karaoke company to support your fundraiser.

LEAP YEAR

L If it's a leap year, make that extra day count by doing something meaningful with your extra 24 hours. Pick any other letter from this list to raise funds for Anaphylaxis UK!

MARATHON

M A marathon can be anything you want it to be. 9 year old Oliver raised £1,200 for us by trampolining for 24 hours - only coming off for toilet breaks!

NON-UNIFORM DAY

N A sure-fire way to raise funds in school. And the kids love it! Be bold and bright and wear orange for Anaphylaxis UK.

ONLINE SHOPPING

O From holidays to clothing and gifts, you can raise hundreds of pounds from your everyday shopping, all at no extra cost to you. [Find out more](#)

PROMISES, PROMISES

P A good one for the office. Ask colleagues to come up with a promise and auction at a team meeting or over the company intranet.

QUIZ NIGHT

Q Always a winner for raising funds. Become a quiz master for the evening and don't forget to include a round about allergens. We've [prepared a round](#) for you.

RAFFLE

R A raffle is great to have at a charity fundraising event, in the office, or at school. Just charge a fee for tickets and the winner gets a prize.

SHHH...SPONSORED SILENCE

S Calling all parents...ask the kids to have a go! And it doesn't have to be your classic no-talking challenge either; you could do a social media silence or give up the internet for a day or week.

TREK

T

The route and distance can be personal to you, or you could research a famous route or landmark to visit and tick off the bucket list at the same time.

UP YOUR TARGET

U

If you've already hit your fundraising target, well done! Now is your chance to be bold and increase it

VIRTUAL CHALLENGE

V

The opportunities are endless. Join a group of colleagues to row across the Channel during a lunch hour. Use a PE lesson to ask pupils to run 14k (to represent the 14 major allergens). The choice is yours.

WORLD RECORD ATTEMPT

W

Have you got what it takes to be a record-breaker? Whatever you decide to do, it will certainly be newsworthy.

XMAS ALL THE WAY

X

Anything festive goes. Pick a Christmas song from a hat and belt out that tune in the office in exchange for donations, or organise a good ol' Christmas Jumper Day.

'YES' DAY

Y

Take on a 'Yes Day' challenge where you have to say 'yes' to everything - for a donation. This is particularly good fun at work or with the children (although maybe not for you!).

ZZZ...

Z

Make money in your sleep. Auction off a duvet day at work, or channel Ray Mears and camp out in the garden with the children for the night.