

Fundraising ideas

Dress down day

Ideal if you work in an office. Colleagues might be keen for an opportunity to wear casual clothes for a day if they pay a small fee to help support your fundraising.

Office Olympics

Get your colleagues involved in a mini Olympic challenge. Think of some fun competitions such as speed typing, bin basketball or who can cover themselves in the most post-it notes. Charge for entry and give prizes to the winners.

Job swap Sponsor your boss to work on reception or auction your manager's job for the day!

Swear box Stick a swear box in your office and charge for minor misdemeanours.

Caption competition

Find a funny photo from your last holiday or office party and ask people to donate to enter their caption. Give the winner a framed copy of the photo to display on their desk.

In 2011, this amazing group of ladies launched a campaign to raise over £50,000 in memory of their friend Liz who lost her life to pancreatic cancer. Together with members of their drama group the Mow Cop Players, Donna, Michelle and Gemma have so far raised an incredible £10,000 for Cancer Research UK.



In addition to taking part in Race for Life with over 20 of their friends and family, they have also organised a Pink Party, a sponsored bike ride, bake sales, house clearances, car boot sales and much more! They are looking forward to taking part in Race for Life again in 2012 and already have some fantastic fundraising plans in the diary for the rest of the year.

Quiz night

Hold a quiz night in a pub or at home. The questions can be on any topic you like, though general knowledge, sports and music rounds often work well. Charge each person to enter, then offer half the money raised as a prize for the winning team and pay the other half in to your fundraising page.

Themed evening party

Organise a themed evening based on a film, era, letter of the alphabet or anything else you like. Why not theme the food and tell guests to come in costume too? Charge for entry.

Your friends have got talent

Everyone's got a party piece – host a competition to see who's best. Charge for entry, then offer half the money raised as a prize for the winner and pay the other half in to your fundraising page.

Clothes swap

Get your friends to dust the cobwebs off any unwanted clothes, shoes or accessories and ask them to bring them to a clothes swapping party. Charge £1 for each swap. Everyone's a winner!

Come dine with me

Create your very own version of the popular TV show. Gather together four or five friends and take it in turns to host the perfect dinner party. Rate the host's performance at the end of each evening and ask for a donation to take part.

We hope this pack inspires you and helps you to have a successful, fulfilling and fun experience.

How to return the money you've raised

Once your Race for Life event and fundraising activities are over, please send us the total amount you've raised so we can put it straight towards our life-saving work.

There are three ways you can pay in the money you've raised:

- **Online** – make an online payment with your credit/debit card at raceforlife.org/returnsponsorship
- **Phone** – call us on 0871 641 1111 to pay with your credit/debit card. Calls cost 10.916p plus up to 5.106p per minute from BT Calling Plans (ex-VAT). Mobile and other providers' charges may vary.
- **Post** – send a cheque, payable to "Cancer Research UK" to Race for Life, PO Box 442, Northampton, NN3 6UU.

P.S. Don't forget to send in your Race for Life sponsorship form so we can claim Gift Aid. This can add at least an extra 25% to every donation – at no extra cost to you or your sponsors. Please post your sponsorship form to us at: **Race for Life, PO Box 442, Northampton, NN3 6UU.**