



Fundraising ideas

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Kickstarters



Make the first move

Show potential supporters that you're committed by making a contribution to your own online Giving Page to kick off donations.

Host a festive dinner party

You'll need fuel for your challenge, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation.

Celebrate with a wrap-up event

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.



At work



Ask your employer

Doing this challenge may help you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

Let your colleagues know

Send an email to your work colleagues to let them know you're taking on this challenge to help fund life-saving research.

Tip: add your online Giving Page link to your email signature.