

Browse our...

A

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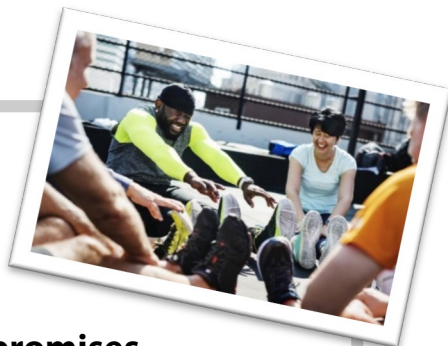
Z

of fundraising ideas



We want to make Cambuslang and Rutherglen the healthiest and happiest places to live in Scotland

A



Auction / Auction of promises

Organise an auction and let people bid to get a helping hand for the day, or donate a percentage of the funds raised from selling anything unwanted or by auctioning off your skill-set.

Afternoon tea

Tea and 'scones' anyone? Then why not host an afternoon tea? Whether you do it at work, home or a local venue, we're a nation of tea drinkers, so your event is sure to prove popular. So get the cake stand at the ready and send the invites out!

Arts and crafts fair

Put your creative talents into action and sell your home made knick-knacks, knits and jams at a fair or car boot sale.

Aerobics-(dance)-off

One for the New Year or getting fit for summer! Organise an aerobics marathon to get folks feeling healthy and great about supporting our charity at the same time.

B



Bake off or Bake Sale

Hold a biscuit, cake or pie competition and get friends and colleagues to bake too. That's what the team at the TSB did for us. Sell what's left after the judges have done their tasting.

Bingo

Legs Eleven! Two Little Ducks! House! Charge a fee per game Adapt the game for your audience. If they love animals or celebrities have photographs instead of numbers or perhaps your friends are foodies... food bingo anyone?

Barbeque

Everyone loves a BBQ! Get everyone to bring a dish and then fire it up and get those sausages and burgers on.

Beard growing/dyeing/shaving

You may love your furry face, but what about your workmates? Why not let them dye it too before the big shave as a way to raise extra funds?

C



Coffee mornings

Are your friends or colleagues coffee fiends? Then use that – fundraising is easy when you're offering something people really really want!

Curry lunch or evening

Spice things up and everyone brings in their favourite home made curry to share and you all pay a fee to join in.

Cinema night

We can help you out with this one! Want to hold your own cinema night? Then we can help you screen whatever movie your workmates will love in our Number 18 venue! We'll even throw in the popcorn!

Car wash

Host a car wash in your car park! You'll be amazed at how many folks will be your new best friend when you give them a nice shiny clean car.

Collection

If you really don't have the time to organise something maybe you could just have a few of our collection tins in your staff canteen, front desk or your shop/café? Get in touch and we'll send you some out.

D



Disco dance challenge

80s or 90s here we come – put your best foot forward and get those beats and grooves going! Charge for entry – all you need is some space and music.

Dress down/up day or Denim day

This is great fun seeing everyone in totally different gear than they normally wear to work.

Darts match competition

Keep it fun and set challenges like throwing whilst on one leg and charge per throw. Have your own prizes for the winner that relate to your workplace.



E



Eating competition or challenges

How many crackers can you eat without water? When it comes to food, there are tons of challenges you can try – hottest chillis, weird food. Guess the flavour blindfolded! We like this one a lot!

Easter egg hunt

Or really anytime of year since they seem to be in the shops most of the year round now anyway!

Environmental pledges

Encourage folks not to use their car as much – walk or cycle. Donate some of what they save on petrol to the fundraising efforts. If you are looking for advice on active travel our friends at Biketown can help you with this!

Ebay sale

Sell your old unwanted items and raise some cash for us whilst decluttering like Marie Kondo!

Eighties evening

Everyone loves a bit of Wham and some leg warmers and neon! Get that music on and put some pineapple on a stick and off you go.

F

Face painting competition

Put your artistic talents to good use and paint people's faces. Remember to charge for your works of face painting art.

Fancy dress

That old favourite - Have a theme for your dressing up day- everyone can make a donation to come to work as a superhero, a character beginning with a certain letter of the alphabet, or some other theme of your choice.

Fun walk / run / cycle

Get out and about somewhere new. Get your colleagues / friends out of the workplace for their lunch hour.

Fashion show

Pick a theme – kids, teens, recycled and put on your own fashion show and sell tickets.

Five-a-side game

Get that competitive streak going with the girls and boys with a wee game of footie over lunch.



G



Games day / evening

You just need games, a place to play and people to play with. It can be as simple as charades or if you have a screen and console to hand, why not go down the gaming route, charging folk to play? Put on a lunchtime session at your office and get colleagues to play for the price of a coffee.

Guess how many / the weight

Anything that can fit in a jar really. Or guess the weight of the tub of sweeties, block of cheese – and then you get to win it!

Golf tournament

Fore! For those who love golfing organise a competition at a local club and let the fun commence.

Good deeds day

Do some good deeds for others and get a donation for each one done.

Give something up

Smoking, biting your nails, whatever bad habit you've been trying to kick what about kicking it for us and getting sponsored to do so.

H

Halloween party

The only thing better than fancy-dress for fundraising is dressing up at Halloween. So get your invites out and charge guests an entry fee to spend the night apple bobbing to 'Thriller'. The folks at local company SPIE look great at their Halloween event!

Hat day

Allow donors to wear hats on a designated day for a donation of £2 or £5. Get even crazier with this idea and encourage creative hats above and beyond the usual baseball cap, jester hat or cowboy hat, to win a prize for craziest hat!

Head shave / hair cut

Self explanatory but sponsored of course!

Helpful fairies

Be the washing up 'fairy' for your colleagues. All for a donation of course!

Hiking up a hill

Maybe try to pick a less windy and rainy day than our friends at TSB – but they had fun anyway and raised money through sponsorship to hike a local hill.



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International evenings

Whether you've travelled the world or just love a particular holiday destination or culture, an international theme is a great way to get people excited about raising money. Choose your country, or go 'around the world', and charge people an entry fee. Have a think about dress codes, food and music. Entertainment such as quizzes can be a great way to raise extra funds at the event.

Ice cream lunch

We can't be healthy all the time but we would be definitely be happy with ice cream for lunch! Pick your flavours and then donate to taste them all!



Karaoke session

Time to stretch the vocal cords and get ready for a night of karaoke. Love it or hate it, our fundraisers have proven it's a great way to raise money. If you're on the lookout for a karaoke machine, reach out to friends on social media to save money on renting one



Jumble sale

Have a clear out at home. One person's clear out or junk is another's treasure and all proceeds can be donated.

Joke-athon (comedy evening)

Have your colleagues in stitches with a joke-athon. How long can you keep them laughing? If the jokes are really bad, make them pay a fee to leave.

Job swap

Always fancied trying a different role for the day? Pay to swap.



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L



Lego making competition

Gather together all the Lego people got for Christmas and challenge your friends and family to get creative! Who can make the most recognisable landmark, or biggest building? Pay to take part!

Line of coins / loose change

Bring in a coin for each day of the month and see how long you can make your coin collection before you donate it. Remember you can also donate holiday coins.

Lunch party

Everyone brings something in and you all pay an amount to try it all! Makes lunch a bit less boring than that usual sandwich.

Live music night!

Got any aspiring bands or singers in the company? Maybe you could put on a live music night or if your team want to support local bands they could come to our live gig nights in Number 18 – CamGlen Presents.



M



Marathon or marathon events

Got the stamina to run or cycle 26.2 miles on your own – getting sponsored helps you keep motivated when you are training. It doesn't have to be the London Marathon like our team member Liz ran. You could organise an event to run for 24 hours or have a team do it in shifts.

Murder mystery evening

Whodunnit? Get your colleagues around the table for a delicious meal and solve the mystery. Charge for dinner and to guess the murderer.

N

Name the teddy

Everyone loves a huge cuddly toy. Charge your workmates to come up with the most interesting suggestion for its name. Winner gets the teddy.

No Chocolate Week/No Swearing Day

You get the idea. Just agree the No Nos and then charge if they don't take part or keep to their promise.

O

One hundred clubs

It's like your own little lottery - employees choose a number (from 1-100, 1-200 etc) to be drawn once a month. The owner of the picked number wins a percentage of the pot from the entry fees, and we get what's left.

Open garden / day

If your garden is in full bloom or you have an office with an interesting history or beautiful building, why not open your doors for an entry fee and host an open house. Raise extra funds by offering refreshments and its a great way to meet the neighbours.

Q



Quiz night

An easy one to host, whether it's in a pub, your office or another venue. For an evening of relaxed entertainment, ask groups for an entry fee and find your quiz questions online.

P

Photobooth

Create a funny photo booth and sell the pics (or get people to pay you not to sell the pictures).

Pound for pound

Ask your boss/the company to match whatever you raise with any of your A-Z of ideas!

Pub games tournament

Pool, darts, skittles, dominoes, draughts, quiz, beer mat tower, beer mat flicking competition –anything you like really!

Plant sale

Have some green fingered employees? A plant sale in your reception for visitors and staff is a great way to help save the planet and make some money.

Parachute jump

Not for the faint of heart but for all the adrenaline junkies get sponsored to jump out of that plane.

Picnic

Usually best over the warmer months – but same idea as the potluck lunch where everyone brings in something to contribute and then have a staff picnic.



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R



Raffle

A raffle is great to have at a fundraising event. Just charge a fee for tickets and the winner gets a prize.

Running

Join our team of Healthy n Happy heroes and fundraise by running! Not necessarily an organised event, just you, your team and whatever you decide as the challenge.

Race night

Participants stake money on the outcome of live, recorded or virtual races. You can win and we win too!



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S

Sweepstakes

Employees love a chance to win something so take your best guesses. Football, Tennis, Grand National, World Cup – anything really then split the sweep with us!

Set up a stall

Take your unwanted goods and set up a stall at a car boot sale, in the car park – proceeds go to your chosen charity (us!).

Swimathon

Got some water babies in the team? Walking or running to raise funds not for them? - Then swimming it is!

Sponsored silence

Oh the sound of silence, sometimes it is wonderful. Just think when everyone stops talking how nice it will be. If they do or they don't they pay!

Skydive

Just like the parachute jump only for those brave enough! Sponsorship is the way to go for one of these YOLO type events. (See Y for Yolo!).

Swap shop / sale

Instead of just getting rid of the kids unwanted toys bring them in to work and have a swap sale. We love recycling and reusing!



T

Tuck shop

If you're the type of person who causes your colleagues to get lunchbox envy, then it's time to set up shop. Grab yourself some simple budget recipes and cook up something cheap. Your colleagues can grab some grub for a budget price while getting the chance to support a good cause.

Talent show

Everyone's got a hidden skill or party piece – well now they can show it off!



U

University challenge

Go head to head with other departments across the organisation in the university challenge quiz to see which brainboxes come out on top! Topics can be on anything but questions must be hard!

Unwanted goods

We're all about refurbishing, recycling and reusing. Don't just throw it away figure out if it might have value to someone else then donate it to us (if it's a bike!) or sell it and fundraise for us.



V

Variety show

Book your talent and master of ceremonies. Showcase amateur talent, along with one or two professional variety show acts. Possible performers include musicians, magicians, dancers, jugglers, speed painters, impersonators and comedians. Get your venue, pick your date and then get selling those tickets!

Vegetarian or Vegan lunch

Every team has folks with amazing recipes for vegetarian and vegan food – get them on the case and enjoy tasting new things!



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W

Waxing

Like the shaving idea? Get sponsored to get rid of that chest or leg hair.

Wine or whisky tasting / Wine & Cheese night

We love a good evening eating and drinking together and what better than sampling some wares and learning about or guessing the wine, whisky or cheese!

Walking challenge

Just like the running one. Find some folks wanting to get fit and set up a regular walking group or set a walking distance challenge you all want to meet. Then pay to take part and keep at it!

Who's that baby?

It's always fun to see baby /toddler pictures of your colleagues! Pay to take part and have fun guessing. Winner that gets most right gets a prize.



X

X marks the spot

Create a treasure hunt with clues and challenges and see which of your colleagues can find the treasure horde of hidden treats.

Xmas event

Christmas is always a good time for getting folks to get into the spirit and also raise some money for a good cause. Pick any of the ideas and put a Xmas twist on it.

Y

YES YES day

The opposite of the No No Days. You say yes to all the requests on the day or pay not to do them.

YOLO challenge

You only live once – what's that mountain you've always wanted to climb (metaphorically speaking or maybe not)? Get yourself sponsored to do something amazing.

Z

Zumbathon

Getting fit and healthy whilst raising money. Join the Zumba craze.

Zany tie / hat / clothes day

The more outlandish the better – prizes for the most zany outfits!

...the possibilities are endless!

What will you do?

...keep us updated with your events and activities:

Email: enquiries@healthynhappy.org.uk

Phone: 0141 646 0123

Address: Healthy n Happy CDT, Aspire Building, 16 Farmeloa Road, Rutherglen G73 1DL

