



Diabetes Research &  
Wellness Foundation

# A-Z

OF FUNDRAISING IDEAS  
your event, your way

*Challenge - Achieve - Conquer*

amrc  Registered with  
FUNDRAISING  
REGULATOR

Registered Charity No: 1070607, Registered in England, Company No: 03496304

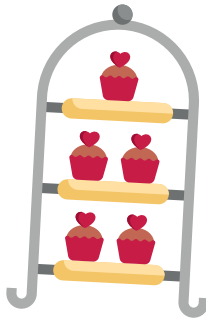


**A**

**ABSEIL** - Reach new heights with an abseiling challenge.

**AFTERNOON TEA** -

Provide afternoon tea at work or for your family & friends and ask for donations.



**AUCTION** - Hold a charity auction with money raised going to DRWF! Encourage local businesses to donate items to be auctioned.

**B**

**BAKE SALE** - The old fundraising favourite. A bake sale is a great way to raise money for charity! Go it alone, do it at school or work and ask for donations, or even do one out in the local community!

**BINGO NIGHT** - Kelly's Eye! Who will be the first to check off all their numbers at a bingo night?



**BIRTHDAY GIVING** - Instead of birthday presents, why not ask friends and family to donate money to DRWF by creating a Facebook Fundraiser.

**BAKED BEAN BATH** - Get messy and gain sponsorship from friends and family!

**C**

**CHRISTMAS CARDS** - Help us sell our range of Christmas Cards and goodies; whether that's to friends or in your work place.



**COFFEE AND CAKE MORNING** - Get your community together for a coffee morning, offer coffee, tea, biscuits and cakes and ask people for donations.

**CYCLING CHALLENGE** -

Challenge yourself by either signing up to an organised cycle event or pick your route yourself and get sponsorship. Don't forget to wear a helmet!

**CAR BOOT SALE** - Sell some of your unwanted items and donate what you make.

**D**

**DINNER PARTY** - Pick a theme and host your own charity dinner party.

**DRESS DOWN DAY** - Choose a theme or colour, and pay a fee to dress down. Great for Schools, Colleges, offices and customer facing businesses.

**DARTS TOURNAMENT** -

Bullseye! Organise a darts tournament & charge a fee to enter.



**E**



**EASTER EGG HUNT** -

Yummy Hide and Seek, Charge an entry fee and remember where you hid them all.

**EBAY** - Donate a percentage of your eBay sales to us.

**EUROVISION SWEEPSTAKE**

**PARTY** - Everyone pays a fee and represents a country. The winning country takes 50% of the pot, with 50% going to DRWF.

**F**

**FOOTBALL TOURNAMENT** -

Bend it like Beckham. Whether you choose a kick about or organise a five aside tournament. Charge teams to enter or charge a player fee. Why not let spectators donate to take part in a penalty shoot out at the end.

**FAMILY FUN DAY** - Hold a fun day, this could be different stalls and activities for all ages. Either sell tickets or ask for donations for each activity.

**FILM NIGHT** - Host a movie film, provide snacks and charge an entry fee.



**G**

**GUESS THE...** - Ask people to guess how many pasta shells are in the jar, a cake's weight, etc. The closest answer wins, ask for a donation for each guess.



**GOLF DAY** - Have a golf tournament, ask participants to pay to enter.

**GIVE SOMETHING UP!** - Give up chocolate, Alcohol, coffee or sweets and donate what you would have spent whilst getting sponsored.

**GAMES NIGHT** - Run a games night either with board games or video games with £10 entry fee - half the money to the winner and donate the other half.

**H**

**HALLOWEEN PARTY** - Charge an entry fee, boost your fundraising by adding donation to play games.

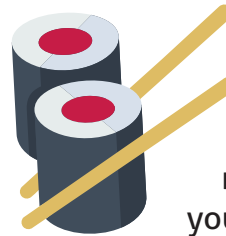


**HEAD SHAVE** - Shave all your hair off for some sponsorship money.

**HOUR OF EARNINGS** - Challenge your colleagues to donate an hour of their pay.

**I**

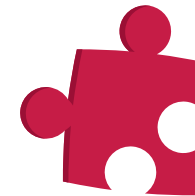
**IT'S A KNOCKOUT** - Team up, take an entry fee and create your own 'It's a knockout' obstacle course.



**INTERNATIONAL FOOD NIGHT** - Invite friends and family round whilst you host your own charity food night party. Ask for a small donation to DRWF from your guests.

**J**

**JIGSAW PUZZLE MARATHON** - See who can complete the most puzzles fastest.



**JUMBLE SALE** - One man's tat is another man's treasure. Simply donate the proceeds.

**K**

**KARAOKE NIGHT** - Sing your heart out for charity! Charge a fee per entry or ask for donations.



**KICK A HABIT** - Challenge yourself to break a bad habit while raising money.

**KEEPY UPPY CONTEST** - Who will keep the ball up in the air the longest?

**L**

**LOTTERY** - Run a lottery at work or with friends? Half the money made can be for prize money and the other half can be donated.

Alternatively, you could sign up to DRWF's own weekly lottery!

**LOOSE CHANGE** - Request a collection tin and donate your monthly loose change.

**LADIES (OR MEN!) WHO LUNCH** - Get your friends together and organise lunch in exchange for a donation.



**Ben Cloud**  
During a DRWF training ride

**M**

**MARATHON** - Sign up to run a marathon, or organise an activity where you do 26.2 hours or miles of something.

**MAD HATTER'S TEA PARTY** - Fun for all the family! Hold your own Mad Hatter's Tea Party and fill those tea pots up with money.

**MOBILE FREE DAY** - Challenge everyone to go without phones for a full day.

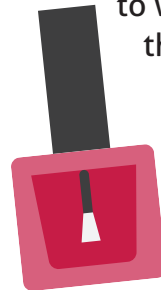
**MOUNTAIN CLIMB** - Rise to the top with a mountain climb challenge



**N**

**NAME THE ...** - Hold a name the bear or other cuddly toy competition ask for a donation per guess and the winner wins the cuddly toy.

**NON UNIFORM DAY** - Perfect for schools, ask for donations to wear non-uniform for the day.



**NAIL ART** - Raise money through creating beautiful nail art on people.

**O**

**OBSTACLE COURSE** - Sign up to an obstacle course and get sponsored to take part.

**OPEN GARDEN** - Open your garden for a small donation and maybe sell some plants and refreshments as well to boost your fundraising.



**OFFICE FUNDRAISING** - There are lots of ways you can fundraise in the office (a lot of which are listed here!). From bake sales and sweepstakes to fancy dress days. Get the whole office involved!

**P**



**PENALTY SHOOT-OUT** - Ask for a donation per entry. Give a prize to people who score a goal.

**PLANT SALE** - If your a keen gardener why not hold a plant sale and donate the proceeds.

**PERSONAL CHALLENGE** - Set yourself your own personal challenge and collect sponsorship.

**Q**

**QUIZ NIGHT** - Test everyone's knowledge with a quiz night to raise money for charity. Ask each team member to pay to play and add a donation box to each table for loose change.



**QUIT SOMETHING** - Get sponsored to quit something for a month - it could be drink, chocolate, going make up free - it's up to you.

**R**

**RACE NIGHT** - Place a bet and split the winnings with us!



**RAFFLE** - Hold a local raffle with donated prizes and see how much you can raise.

**RUN** - Choose from one of our many runs; get sponsorship and make a difference.

**S**

**SKYDIVE** - Take to the skies and get sponsored for a charity skydive.

**SPONSORED SILENCE** - Shhh! Get sponsored to be silent for the day. Have a whiteboard at the ready so you can still communicate!



**SWEEPSTAKES** - Horse Racing, Wimbledon, World Cups - the options are endless.

Once you have sold all your places, split the profits 50/50 between the winning and DRWF.

**SWEAR BOX** - Pay fines for foul language.

**T**

**TABLE TENNIS TOURNAMENT** -

Organise a tennis tournament ask participants to donate to enter.

**TOMBOLA** - Why not get few extra pounds and include a tombola at your event?

**TEN-PIN BOWLING COMPETITION** -

Organise a bowling competition, charge an entry fee and have prizes for the winner, first strike and runner up.



**U**

**UNWANTED GIFT SALE** - Sell unwanted gifts online or at a car boot sale and donate the proceeds.

**V**

**VILLAGE FETE** - Organise a village fête to help raise money.



**VIDEO GAME COMPETITION** -

Discover who's the best when it comes to gaming.

**W**

**WALKING CHALLENGE** - Sign up to our national walking challenge or challenge yourself to walk a set distance every day in a month and get sponsored to do it.



**WAXING** - Only for the brave. Get sponsored to have something waxed.

**X**

**XMAS JUMPER DAY** -

Get everyone into the festive spirit with a Christmas jumper day, ask people to donate to wear a Christmas jumper and offer a prize to the best or worse jumper.



**Y**

**YOGA** - If you're a yoga teacher, why not use your talents to raise money for charity?

You could run a one-off community class and donate the money made from entry fees.

**Z**

**YEAR LONG CHALLENGE** - Set yourself a year long challenge and get sponsored: lose weight, get fit or take up a sport.

**ZIP WIRE** - Soar through the sky as you take on a zip wire challenge.

**ZUMBATHON** - Donate the usual cost of a Zumba class! Get your local gym or sport centre involved.



**WE CAN'T WAIT TO SUPPORT YOU!**

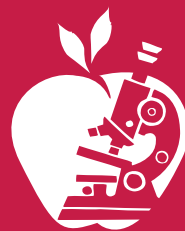
**GET IN TOUCH TODAY!**

Fundraising@drwf.org.uk  
or 02392 637808



Diabetes Dawdle 2024  
Portsmouth

**Thank you - Good luck  
and remember to have fun!**



Diabetes Research &  
Wellness Foundation

We receive no government funding and rely on voluntary donations, including gifts in Wills. For more information on how to support Diabetes Research & Wellness Foundation, please visit [www.drwf.org.uk](http://www.drwf.org.uk) or call **02392 637808**.

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