

A to Z of Fundraising



A

Afternoon tea

Why not host afternoon tea? Whether at work, home or a venue of your choice, we're a nation of tea drinkers and who doesn't like cake?

You can also have a healthy debate about jam or cream first on scones!

B

Beard shaving

Is it time to rid your face of that fluff? Would your family and friends like the idea of you shaving your beard off? Why not dye it pink, orange or blue before the shave to promote your efforts and raise extra funds?

C

Coffee mornings

Can you cope without your morning coffee? Lots of people rely on their coffee to get them through the day, so why not host a coffee morning to raise some funds?

Whether in the workplace or at home, you can partner up to make the most of your friends, family and acquaintances.

If you're a champion barista or bake like you're on the Great British Bake Off, you'll definitely be onto a winner!

D

D.I.S.C.O

You don't have to be a Strictly Come Dancing professional to get your groove on. Host a disco or a dance - with a little bit of space and some cracking tunes, everyone will soon get in the swing of it.

Whether hosting at home or hiring a local venue, we're sure you can get the support to raise funds and have fun at the same time.

E

Easter Egg Hunt

Timing is key for your Easter Egg Hunt, it probably won't go down as well in the summer as it will at Easter time.

Organise a hunt with your friends and family and it'll be chocs away!

F

Fancy-dress days

Fancy dress can be for Halloween, New Year's Eve, National Book Days and more! It's a fun way to raise money any time of year.

Perhaps you can persuade your boss to let everyone come to work in fancy-dress and ask for a small donation for the 'privilege'? Whether home made or shop bought, costumes will provide a lot of fun and laughter for all.

Why not make it a competition and vote for the best costume? Or even make those who don't dress up pay a greater fee!

G

Giving up a bad habit

If you've got a bad habit, or even a not so bad habit, that you want to give up, why not do it while fundraising?

If you're going to save a lot of money by giving it up, then why not donate the money you've saved to People First Dorset?

Ask your friends and family to sponsor you to give you extra impetus. Whether giving up crisps, chocolate, Netflix, alcohol or smoking we're sure you can make an impact for this good cause.

H

Head shave

Bald is beautiful! Be brave and face the shave. Shaving your head is a bold move, so make sure you get the most out of it by making it a bit of an event. Maybe you could have a bidding war for the chance to be the shaver? Or like the beard shaving, dye your hair a crazy colour before the big day.

I

International evening

Bonjour, Guten Tag, Kon'nichiwa, Ciao... why not host a dinner party inspired by your favourite overseas destination.

Theme your menu, have a dress code and match your tunes to your country of choice - all the while asking friends, family or colleagues to donate for their supper.

J

James Bond

The name's Bond, James Bond, Imagine the fun you can have putting on your own Bond themed night - and raising funds at the same time.

Watch some classic Bond movies (or some new ones), dress to impress and ensure your martinis are shaken not stirred.

K

Knitting

Everyone knows a knitting nutter, so why not use your needles and raise money for a great cause?

Whether it's carefully crafted cardigans, stripey socks or jolly jumpers think about how you can sell your items - maybe on online auction sites, local stalls or even a car boot.

L

Lunch club

Ladies or lads that lunch, everyone wants a change from a cheese sandwich and a bag of monster munch!

Maybe organise for everyone to cook or bring something into your office for some Friday fun (for a small fee of course).

M

N

Marathon running

Fundraising is a marathon not a sprint. If you have the fitness to run 26.2 miles, then why not run for People First Dorset?

Raising money to help people with learning disabilities feel less isolated will keep you motivated and keep you racing for the finish line.

Name the...

Name the baby, name the teddy, name the pet of your choice.

Whatever it is you choose, name your price by changing a fee per entry (saving a percentage for the winner and the remainder to be donated to People First Dorset).

This will appeal to those who have a creative yet competitive spirit!

O

Office Events

Getting your work colleagues together for a bit of office fun whilst making a difference could be just the thing to keep everyone motivated.

Bake sales, cook-offs, dress-down days or perhaps just a collective bacon sarnie breakfast with a donation for all. A tea trolley or morning coffee could make you popular and increase donations.

P

Pancake party

Shrove Tuesday or not, pancakes can be a great way of bring people together to raise some much needed funds.

Everyone can bring a donation of cash and toppings. What a treat for everyone to eat.

Q

Quiz night

You don't need to be a Chaser, a Pointless Celebrity or a Mastermind to host your own pub or village hall quiz. You could even host it at your friend's house or in your garden.

The internet is a great source of inspiration for questions and you can even personalise a round or two by making the questions about your friends or family

A night of questions and quizzes where you pay to play, let's see who's the brain of Britain on the night.

R

Raffle

Sometimes the old ones are the best. The humble raffle is a simple yet very effective way to raise funds.

Get a book of tickets from the pound shop or internet and charge a small fee for tickets. Winners get prizes - preferably donated by local businesses or individuals.

S

Sponsored Silence

Silence really is golden. If you're surrounded by chatterboxes, then maybe fundraising via a sponsored silence could be just the thing.

Remember the silence only starts when the fundraising is done, speak up and shout out about raising funds before the event (and even after)!

T

Tea party

We're a nation of tea drinkers. Let's make the most of this addiction and raise a pound or two with our favourite brew.

U

Uniform free day

Okay, we're not advocating that the police, firefighters or the armed forces take a break from their uniform. But, if you are at school or have children who are, then a uniform free day is a fun way to get raise funds at school.

Even if you don't wear a uniform, maybe a dress-down day at work could raise some funds. Take it a step further by swapping a uniform for fancy dress to raise even more.

V

Veggie feast

Whether its Veggie Tuesday or a whole month of Veganuary, going meat free for a meal or a month, you could use this to raise much needed funds.

Serve a healthy option in return for a donation and see if you want to make this more than a one-off.

W

Walk

Don't just talk the talk, walk the walk. The length of the Jurassic coastline, the width of Weymouth beach, however far you go ensure it's all done for a great cause.

X

Xbox (or Playstation or any Console Night)

Fire up your console, patch in your mates and get comfortable. Let the games commence.

Play to the best of your ability, for as long as you can (pull an all nighter if you have to), just make sure you're sponsored to do so.

Year long challenge

This one's not for the faint hearted. Set yourself a year long challenge. Get sponsored to lose weight, give up alcohol, get fighting fit or take up a new hobby or sport.

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Zumba

If you're known as the lazy one of the family, make everyone eat their words by putting on a sponsored Zumba class.

Dance the night away and make every move count for People First Dorset.

Why fundraise for People First Dorset?

Fundraising for People First Dorset helps us to develop our projects and reach even more people with learning disabilities. The need for our work is acute and growing. In the UK right now:

- 38% of people with a learning disability die from avoidable causes, compared with 9% of the general population
- Only 6% of adults with a learning disability (known to their local authority) were in paid employment in England compared to 76% of people aged 16 - 64 in the general population in 2017/19 (ONS, 2019).
- Severe mental illness is 8.4 times more prevalent in patients with a learning disability than those without (2017/18).

We want to see a society where every person with a learning disability has the support they need to have the best possible outcomes in life, be it friendships, good health or contributing to society.

www.peoplefirstdorset.org.uk

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