

# 70

*ways to fundraise*



**£million**  
Pound Appeal

In aid of **ELHT&me**  
your local hospital charity

# Why fundraise?

# 70

## ways to fundraise

The NHS turns 70 this year and celebrations are well underway to commemorate the fantastic achievements of a most loved institution.

We are incredibly proud of the care we offer to our local population and many people would like to recognise and thank our extraordinary NHS staff - the everyday heroes - who are always there to guide support and care for us. By fundraising for ELHT&Me, your local hospital charity, you can make a huge difference to patient experience in your community.

If you want to help but are stuck for ideas - never fear! There are endless ways to fundraise and we have given you 70 suggestions to inspire you.

Anybody can fundraise and we have exciting ideas to suit all personalities; the sports mad, the foodies, the bargain hunters and more.

Take a look and get planning your spectacular event! Share your experience on Facebook and Twitter using the hashtag #NHS70Ways

## Sporty people 1-12

Are you sports mad or just want to set yourself a fitness challenge? We have just the idea for you!

## Those with a competitive streak 23-29

If you make everything into a competition, love winning prizes or showing off to your mates, then these ideas will help you organise a number 1 charity event!

## Foodies 38-48

Food is life! Are you always researching recipes or drooling over Instagram food posts (#nomnom)? Enjoy food and good company with these gluttonous ideas. Help yourself to seconds...it's for charity after all!

## Those who love to help 49-55

Have you got great skills that could go to good use? Maybe you love to lend a hand or enjoy the satisfaction of a job well done. Make your hard work or talents go even further...

## The bargain hunter 12-22

If you're super savvy, a shop-a-holic or love a bargain, then consider these for your fundraising project

## Party animals 31-38

If you're the one in your friend group that assembles the troops for a night out or you just love a day of activities with friends and family, then embrace the social butterfly in you. Plan your next exciting event in the name of charity!

## Lucky dip! 56-70

Try your luck with this mixed bag! Pick a charity idea at random.



# #NHS70ways

- 1. Walk Morecambe Bay on 18 August**  
Take part in walking this magnificent route across morecambe bay from Arnside to kents Bank. bring your scruffy shoes - you will get wet!
- 2. Walk-a-thon**  
Dust off your walking boots, choose a date, pick a route or join an organised one. ELHT&Me has sponsor forms for you to raise funds.
- 3. Accomplish a random or outrageous feat!**  
Do something adventurous or unique - skydive, walk backwards on a treadmill.
- 4. Bowling**  
Charge a small fee to enter a competition or have set bowl-a-thon pledges.
- 5. Triathlon**  
Run, cycle swim. Find a local tri-event and collect sponsors.
- 6. Swim**  
Get sponsored to swim a distance of the channel at your local pool.
- 7. Run**  
5k, 10k, half marathon or more! You might be trying to beat your PB or setting yourself your first ever challenge- get involved!
- 8. Bike**  
Take on a cycling race to raise funds.
- 9. Darts**  
Hold a darts competition, 501, nearest the bull, three dart score.
- 10. Horse ride**  
Get a group of riders to gether to do a sponsored long distance ride or a gymkhan.
- 11. Climb**  
Scafell Pike or maybe even Mount Kilimanjaro. Big or small any money raised for ELHT&Me is a great feat.
- 12. Golf day**  
Have a charity golf round in name of ELHT&Me

- 13. Swap shop**  
One person's rubbish is another's treasure. Arrange a swap shop with a fee for taking part.
- 14. Car boot sale**  
Gather up all that long forgotten 'stuff' and donate your earning to ELHT&Me.
- 15. Car share**  
Donate your fuel savings to ELHT&Me and do your bit for the environment too.
- 16. Leftover currency**  
What to do with spare foreign currency? Donate them to ELHT&Me and we'll convert them into £££s
- 17. Raffles**  
An oldie but a goldie! Gather goods for prizes and sell tickets - simple.
- 18. Craft sale**  
Tap into your local craft fair and sell your wares for ELHT&Me. Treat yourself to a browse at the stalls whilst you're there.
- 19. Plant sale**  
Speak to local nurseries and ask for donations of plants to sell and donate your profits.
- 20. Strike gold**  
Ask friends and family to donate old jewellery they no longer wear and convert gold into cash.
- 21. Book sale**  
Get friends, family, neighbours, everyone to donate books and hold a book sale.
- 22. Recycle**  
Make a difference by recycling empty printer cartridges and old mobile phones. ELHT&Me can help you do this.



- 23. Moustache/beard challenge**  
Donate £1 for every day a 'contestant' goes a day without shaving.
- 24. Name the toy**  
All you need is a cuddly toy, a list of names and a collection tub. Winner takes the toy and ELHT&Me receives the donation.
- 25. Games night tournament**  
Dig out the Monopoly, Kerplunk, Drafts, Ludo, and Trivial Pursuits and charge a pound a game with a trophy for the overall winner.
- 26. Return on investment competition**  
Each competitor has £10 to utilize to raise the most. Great team building activity.
- 27. Bad habit jar**  
Set up a swear jar or junk food jar in your office. Pay a penalty/forfeit each time the bad habit is given in to.
- 28. Hold a sweepstake**  
There's lots of sporting activities that you can tag onto or create your own like guess the baby's birth date or weight for example?
- 29. Arrange a tournament**  
Football, duck races, rounders, it can be anything you like. Charge entry and hold a raffle.
- 30. Quiz night**  
Get down to your local pub and either arrange a charity quiz night or hi-jack theirs! Donate the entry fee to ELHT&Me



- 41. Bake sale**  
Get all your friends, family and colleagues to bake their favourites and hold a sale.
- 42. Cheese and wine tasting party**  
Contact a local wine shop for details and support. Sell tickets to attend.
- 43. Sweets count**  
Fill a jar with sweets. People pay to guess how many there are in the jar and the winner gets the sweets.
- 44. Collection box at your local restaurant**  
Ask your favourite restaurant to have an ELHT&Me collection box.
- 45. Pancake breakfast**  
It doesn't have to be Tuesday to eat pancakes! Host a pancake breakfast party; pound a pancake.
- 46. Coffee morning** - Hold a coffee morning at your house, at work or at a local community centre.
- 47. Sell lunch** – Arrange a date to bring in an interesting lunch for your colleagues to buy. Charge £5 or ask for a donation.
- 48. Tuck stand** - Set up a table at an event or at work and sell fruit and home-made cake, truffles and treats

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- 31. Spa night**  
Get your friends together to give manicures, pedicures and mini massages at a Women's Night In for donations.
- 32. Battle of the bands**  
Gather bands from your local community. A great opportunity for the bands and the charity.
- 33. Trivia night**  
Host a trivia night at your home or a bar. Charge participants a fee to enter and offer a prize to the winner.
- 34. Comedy hour**  
Host a comedy skit during lunch at your work place and charge people to attend.
- 35. Karaoke**  
Rent a karaoke machine, sell tickets or charge an admission fee, and sing all night.
- 36. Light up your house**  
Deck the halls and ask for a donation for viewing.
- 37. Charity film night**  
A movie night is a great way to fundraise by asking for an entry donation and selling movie snacks. (which brings us nicely onto our foodie ideas!)
- 38. BIG7T** - Hold a Big 7Tea afternoon
- 39. Dinner at my house** - Prepare a special dinner and charge friends a fee to attend.
- 40. Or you could host an international dinner.** Invite friends from various ethnic backgrounds to cook traditional foods. (yes we're counting that as two ideas!)

- 49. Work for it**  
Offer your time in exchange for a donation to ELHT&Me
- 50. Sponsored litter picking**  
Raising vital funds and saving the environment too!
- 51. Car wash**  
Hold a car wash event for donations
- 52. Auction your friends**  
Friends with skills (plumber, computers, mechanic, etc) can make a pretty penny for charity! Hold a friendly auction to match up skills with jobs that need doing!
- 53. Gardening**  
Tend the garden of a neighbour, a local store, or community park for a donation.
- 54. Singing telegram**  
Sell your services as a singing telegram (if you can sing or maybe even better if you can't!)
- 55. Packing at the supermarket**  
Contact your local supermarkets prior to Christmas. It's always busy at this time of the year, so an extra helping hand is always welcome.
- 56. Walk dogs** – Offer your dog walking services for a donation to ELHT&Me.
- 57. Henna hand art** – Can you create henna art? Why not charge a small fee to henna your friends and colleagues?
- 58. Sing** – Are you in a singing group? Why not book a slot at the entrance of the hospitals to sing and collect for ELHT&Me.

- 59. Legacy** - Leave a little in your will for ELHT&Me
- 60. Payroll giving** - Set up a monthly donation through payroll giving and support ELHT&Me.
- 61. Spelling bee** - Hold a spelling bee. It can be with a small group of friends or a large event that's open to the public.
- 62. Boat race** - Organise a model boat race. Charge a participant/spectator entrance fee. The winner of the race gets a prize.
- 63. Donate** - Instead of receiving gifts on your special day, ask people to donate to ELHT&Me.
- 64. Unusual outfit** – Crazy tie, silly hair-do, mismatched get-up, oddest socks. Charge a pound to enter.
- 65. Pet show** - Invite people to show off their beloved pets. Make it a competition that people pay to enter, and offer a prize for the waggiest tail, floppiest ears, best behaved pet, and so on.
- 66. Customised wristbands** – Make and sell your own colourful wristbands. Make them special by personalising.
- 67. Sponsored silence** – A great traditional and easy way to get schools, colleges, youth clubs or sports teams involved.
- 68. Dress Down Friday** - host a dress down Friday at work and charge a small fee to take part
- 69. Or even Fancy Dress Friday?** Choose a theme superheroes, book characters, 70's...
- 70. You tell us...**



**Thank you for supporting ELHT&Me,  
your local hospital charity**

**Improving patient experience across East Lancashire  
Follow us on Twitter @ELHT\_Charity  
Like us on Facebook ELHT&Me**

**Create your own special way of making a difference.  
Hold an event and we can help with fundraising packs.  
Set up a fundraising page or donate at  
[www.justgiving.com/elhtcf](http://www.justgiving.com/elhtcf)**

**Sign up to payroll giving  
[https://www.givingonline.org.uk/ELHTme\\_3516/index.html](https://www.givingonline.org.uk/ELHTme_3516/index.html)**

**Become an easy fundraiser  
<https://www.easyfundraising.org.uk/causes/elhtme/>**

**Show your support  
Text ELHT44 followed by £3 £5 or £10 to 70070  
For more details or support call Denise Gee 01254 732140  
or email  
[Denise.Gee@elht.nhs.uk](mailto:Denise.Gee@elht.nhs.uk)**

