

if u  
care  
share

# Fundraising Guide



# Alreet?



So... you want to get involved and help raise some vital funds? We have all the ideas and inspiration you need right here!

Thank you for deciding to raise money for If U Care Share. You'll often hear people say 'every penny counts' but for us it really does. All the money you raise goes directly into our lifesaving services.

Simply put, without incredible people like yourself to spread awareness and raise vital funds, we wouldn't be able to help those at risk of, and affected by, suicide.

Right, that's the sappy stuff out the way! Let's talking fundraising!

The following pages contains loads of ideas to get the money flowing no matter what you want to do!

However, if you need more help or have a particularly wild idea that you want to discuss, please reach out to the fundraising team [here](#).

# Physical

01

Flex those muscles and make a real difference. Here are some physical activities you can take on.



- Running
- Swimming
- Trek
- Bike ride
- Skydive
- 3 peaks
- Football match/tournament
- Boxing match
- Darts
- Netball tournament
- Dog walk
- Triathlon
- Golf day
- Horse ride
- 24-hour challenge
- Keepy uppy challenge
- Coast-to-coast



# Events

## 02

Host an event and showcase your support. From bake sales to bingo, there's something for everyone!



- Coffee morning
- Disco
- Bake sale
- Auction
- Afternoon tea
- Bingo night
- Garden party
- Art exhibition
- Bric-a-brac sale
- Car wash
- Charity dinner party
- Fashion show
- Comedy evening
- Charity evening
- Music event
- Open mic night
- Street party
- Tombola
- Treasure hunt
- World record attempt
- Raffle
- Quiz



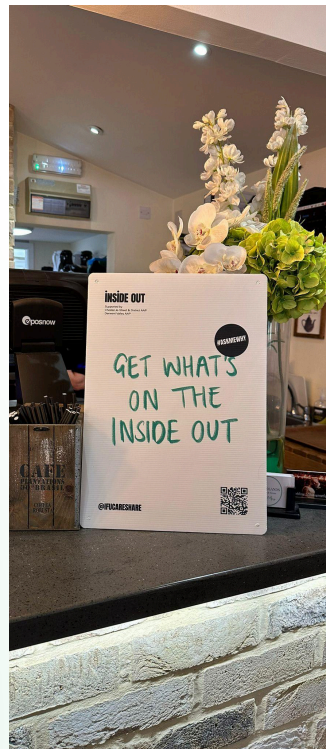
# Workplace

03

The more the merrier! You don't have to fundraise alone. Get your colleagues involved, too!



- Dress up/down day
- Inside Out day
- Office Olympics
- Payroll giving
- Wear green day



# Virtual

## 04

Mountain climbing and marathons not your thing? Not to worry, you can raise funds from the comfort of your home!



- Break a bad habit- dry Jan, Stoptober
- Charity livestream
- Facebook fundraising
- Birthday fundraiser



# Miscellaneous

05

Bit of an outside the box thinker? These ideas are for you. We welcome every weird and wonderful fundraiser!



- Gameathon
- Sponsored shave/wax
- Knitting
- Sweepstake
- Sponsored silence
- Crafting
- Drawing contest
- Guess how many \_\_\_\_\_
- Loose change collection
- If U Care, dare

