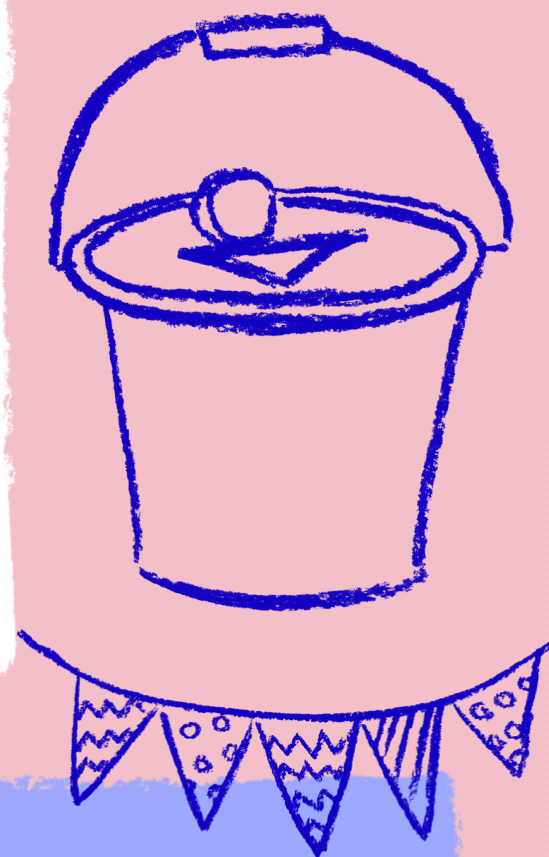


A to Z of Fundraising Ideas



A Close Shave!

Shave or wax your beard, chest or legs to fundraise for Mind in Mid Herts.

Auction services

You could auction off services in your office. You could be a tea-maker, lunch grabber, post sender. Or find out the talents of colleagues and see if they will auction off training sessions to help you raise funds!

Bad taste!

Ask colleagues to pay to express their bad taste and come to work wearing the worst tie or vibrant clothes

Bake sale

Baking is a great hobby and your results are sure to bring smiles to everyone's face! Share your feel good food for a donation. Why not hold a coffee morning with a difference; can you hold a caffeine free coffee morning or only bake healthy recipes?

Book swap

Don't leave your used books on the shelf - books are made to be shared. Why not host an office book swap day? Promote around the office and encourage everyone to bring their own books. Make a donation to Mind in Mid Herts to participate and get swapping!

Caption competition

Get a picture of a celebrity or your boss (if they agree) doing something unusual and ask people to submit a caption for a donation. Provide a small prize for the best caption.

Cheese and wine evening

Be a wine connoisseur for the night and charge an entry fee for colleagues to try some of the loveliest wine and cheese that you have on offer.

Come dine with me

Why not hold your very own dinner party? Invite friends, family or colleagues to enjoy your culinary delights in exchange for a donation.

Extreme challenge

Why not swim the distance of the Channel in your local pool or run the length of the country on a treadmill? You don't have to be a star athlete for this one - you could split the distance over a few days or weeks.

Fivers

Get friends, family and colleagues to donate £5 each and write their name on it. Put the notes in a pot and whoever's name you pull out wins a share of the money, with the rest going to Mind in Mid Herts.

Give it up

Give up something you love for a good cause! avoid chocolate, alcohol, social media, using the lift - choose your challenge and ask your colleagues to show their support by contributing to Mind in Mid Herts

Happy Monday

Start your week with a smile and hold a fundraising get-together with your colleagues. Hold a bake sale to brighten up Monday and wear bright clothes and ask everyone to donate £2 to take part.



Karaoke Night

Which colleague has the hidden talent?

Learn a language

Do any of your colleagues speak another language? Ask them to run a short lunchtime course in their language with colleagues making a donation to Mind in Mid Herts to attend.

Manager Vs Manager

Pit your managers against each other to see who can raise the most money for Mind, equipped only with their smartphones

Office Olympics

Become an office Olympic champion by participating in a number of fun events such as paper plane flying and waste paper basketball.

Photograph competition

Do you have any top photographers in your office? Organise a photography competition and ask entrants to make a donation to Mind in Mid Herts. You could even set a theme for the competition. If there are any stand out entries you could hold an auction to raise some extra funds.

Positive steps

Change your route to work for a week; can you walk instead and donate your usual travel costs? Or how about getting off two stops earlier and getting your walks sponsored?

Quiz night

Hosting a quiz at your local pub is easy to organise and a lot of fun. Be creative with quiz rounds; musical bingo, Family Fortunes or The Generation Game. Ask teams to make a donation to enter, fine people for checking mobiles and organise a raffle or auction on the night. Prizes go to the team with the highest points and best team name.

Quote Quiz

Whether it is film or literary quotes, test the knowledge of your colleagues with a quote quiz. Ask for a donation to enter and provide a small prize for the winner.

Raffle Time

Ask your partners, suppliers or friends to donate some fab prizes and organise a raffle.

Spelling bee



All you need is a dictionary!

Spring cleaning

Rummage through drawers and garages to find those old clothes or forgotten about belongings, and hold a jumble sale or clothes swap in your office or for friends.

Sweepstake

Hold a simple sweepstake on any event: the Grand National, The Great British Bake Off, the length of your colleagues speech at the next team meeting. Charge to enter and split the money between the winner and the charities.

The joke box

A guaranteed laugh in exchange for £1! Print lots of jokes out and ask your colleagues to donate £1 to pick one from the box.

Virtual Fundraisers

With some colleagues still working from home, why not run some virtual fundraisers to ensure they're also included. From cook-a-longs, active challenges and quizzes. Why not run your own virtual fundraiser?

You smartie!

Did you know that a smarties tube box can hold 27 pound coins? Why not offer your colleagues some chocolate in exchange for them filling the tube? How much can you raise from other confectionary containers?

Congratulations!

You're doing something
wonderful



The Five Ways to Wellbeing

Look after your own mental health while you're fundraising with these handy tips

1) Connect

Contact us whenever you need us, and connect with everyone who might be willing to get involved and help out.



2) Be active

Clear your head with a walk, run, cycle or swim – solo or with friends.



3) Keep Learning

Fundraising is a great way to try new things and to discover talents you didn't know you had.



4) Give to others

You're already doing this one, so take time to reflect on the lasting difference you're making



5) Take notice

Make a conscious effort to appreciate the world around you and take time out so your fundraising doesn't start to seem overwhelming.



Ensuring your Event is Legal & Safe

Please remember to check with us before you arrange an event to make sure legal aspects have been thought of and that your event is safe.

Please email fundraising@mindinmidherts.org.uk and we will be happy to advise you before you plan your event.



Online Support

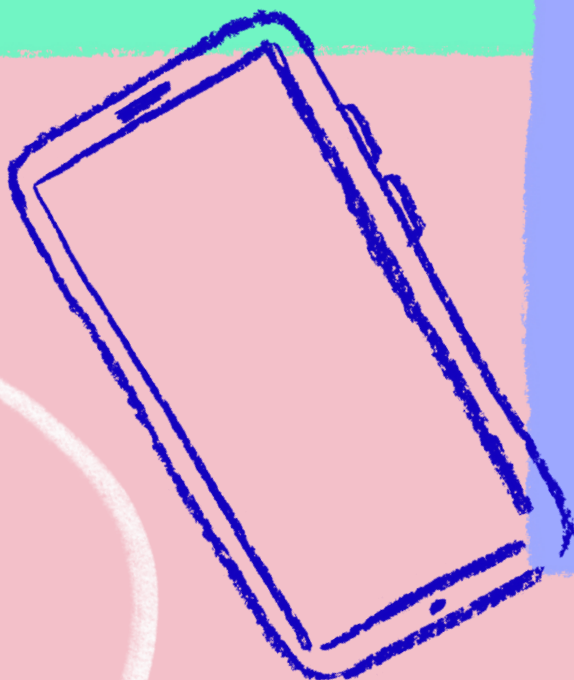
Use Just Giving and GoRaise to boost the amount of money you want to raise.

Links:

www.justgiving.com

www.goraise.co.uk

Social media is the best marketing tool so spread the word about what you're doing on social media. Tag us and we will also share on our social media.



Promote why you're doing it

- 1-4 people suffer with a mental health issue each year.
- Rates of suicide are rising and 78% of them are men
- The cost of mental health is estimated to cost the economy in the UK £114 billion pounds a year, which is almost double that of crime which is £60 billion pounds.