

A-Z of fundraising

Body & Soul.

A is for auction. Use your persuasion skills to get gifts or donated experiences and auction them off.

B is for baking. Harness those baking skills and get everyone to bring in their treats to sell at lunchtime.

C is for cycling. Sign up to one of the many sponsored cycle rides.

D is for dancing. Host a ticketed night of dancing and fun or even do a sponsored dance-athon.

E is for eBay. Sell your unwanted items on eBay donating the proceeds to Body & Soul.

F is for football. 5-aside, 7-aside, get a team together and play for donations.

G is for giving something up. Whether its chocolate, coffee, or croissants – challenge yourself to give up something you love, and donate what you would have spent to Body & Soul.

H is for half a marathon. You've already done a 5K, a 10K, a Half Marathon is the next step. Push yourself to get fit and raise money for a good cause at the same time.

I is for indoor games evening. Monopoly, Settlers of Catan, or an epic game of Risk. Host a ticketed evening of games for friends, colleagues, and guests.

J is for jumble sale. Donate your unwanted items to raise funds.

K is for karaoke night. Host a memorable night of music, dancing, and singing your favourite tunes!

L is for live music event. We all know that musician who only plays at home, get them up on stage to a crowd of paying and screaming fans!

M is for match-giving. Match the amount raised by our latest event, no fuss, no organisation, just a straight up donation that makes a huge difference to our members!

N is for non-uniform day. Mufti day, dress-down day, Christmas jumper day, Jeans-Friday – whatever it is, throw aside your traditional workwear for the day for a small donation.

O is for overseas challenge. Whether its trekking through the Himalayas, cruising down the Amazon, or climbing Kilimanjaro, do that thing you've always wanted to in aid of a good cause.

P is for pop up. Show off your new sushi skills or create colourful caricatures at your very own fundraising pop up event.

Q is for quiz night. Everyone loves a quiz, enough said. Host one for us.

R is for running. There's a whole host of fundraising runs out there, sign up and get sponsored.

S is for sky diving. One for the thrill-seekers- you go jump out that plane!

T is for tuck shop. Sweets, treats and yummy eats, or sell an array of healthy snacks to raise money for Body & Soul.

U is for university. Get your society to sign-up to partner with Body & Soul as your charity of the year.

V is for Valentines. Spread the love to our door by selling Valentines gifts for our cause.

W is for walking. A sponsored walk is a sure-fire way to keep active and keep on giving.

X is for Xmas fayre. In the run up to Christmas, why not set up a stall or whole fayre of goods to sell to busy Xmas shoppers.

Y is for yoga. A 24-hour yoga-thon, yoga in the park, yoga on the train – whatever it is set free your inner guru and namaste.

Z is for Zumba. Turn up Shakira real loud, and Zumba your way to a fabulous fundraiser!

Get involved, start planning how you can organise your fundraising challenge. We are here to help and support you. Thank you.

Contact Jennie: jennie@bodyandsoulcharity.org