

A-Z guide to boost your fundraising

We hope these 26 ways to turbo charge your fundraising give you some inspiration and help you meet your target.



Ask all your mates to sponsor, support or even join you.



Empty your wardrobe and sell any clothes you haven't worn for ages online.



It's a knockout! - create your own mini-obstacle course. Ask for a donation to take part. Silly props welcome!



Bake sale - host a bake sale at home, work or your local social group to raise a bit of cash.



Fancy dress - get extra sponsors by doing your challenge in fancy dress.



Jumble sale - dig out all those clothes, books and other stuff you never use and sell them online to boost your total.



Coffee morning - host this easy fundraiser at home, work or at your local club.



Games night - invite your friends over for a night of online and board game tournaments for a £5 entry at the door.



Knit some Spectrum scarves or socks and sell them to raise money.



Dinner, brunch or lunch it - invite friends and family round and charge them £10 each on the door. Or do the same at work.



Be a hairo! - shaving or dying your hair is always a great way to raise more money. You'll also stand out from the crowd.



Lucky Dip - ask your local supermarkets for prizes and invite family, friends and colleagues to take a dip for a fee.



Matched Giving - this is an amazing opportunity to double the amount you raise so don't be afraid to ask your employer if they offer this perk.



Raffle - ask local shops, restaurants and businesses for prizes. Then sell tickets to family, friends and colleagues.



Waxing - get those legs out and wax them in front of friends, family or colleagues for extra donations!



Nominate someone to join you - shout out to friends on social media and challenge them to get fundraising.



Sweepstake - use our sweepstake resource and play with friends and family or at work and ask people for a suggested donation to play.



X-treme week - why not take on a mini challenge every day for a week and watch the donations roll in?



Office collection - tell your colleagues why you're raising money, leave a collection pot in the office and ask everybody to donate their spare change.



T-shirt or hoodie - look the part for your challenge. Head on over to our online shop.



Young and old - get granny and grandad and the kids to join in or sponsor you.



PJs to work - slightly embarrassing but very effective in getting extra sponsorship. Also you get to be cozy at work!



Up your game - if you're fit enough, think about pushing yourself and tackling a further distance. But only if you're up for it.



Zumba-thon - from a one hour session to a half hour extravaganza, keep fit and top up your fundraising.



Quiz night - write a quiz with themed rounds, or find one online. See who is the brainiest for a £5 entry fee.



Virtual - get online with a livestream, gaming marathon or a good old quiz.

We're always on hand if you need extra support, or if you need help paying in your fundraising.
Contact fundraising@nas.org.uk