

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 ioin vou.



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.

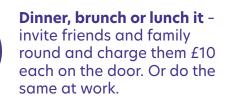
Empty your wardrobe and

sell any clothes you haven't

worn for ages online.

easy fundraiser at home, work or at your local club.

Coffee morning - host this





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

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.

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

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



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

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



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

National Autistic Society

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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.



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



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.



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



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



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



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

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

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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.



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



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



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

Your gran and or sp

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

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

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The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SCO39427).