

# 100 Ways to Raise £100



Rett syndrome is a rare neurological disorder affecting mainly females and a few males. It is the most common form of severe and multiple learning and physical difficulties in females in the UK- yet few people have ever heard of it. People with Rett syndrome will often suffer from epilepsy, scoliosis, will not be able to walk or talk and will rely on others entirely for the rest of their lives.

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## Fun & Games

### Fantasy Football

Do you think you know all there is to know about football? Well why not start your own fantasy football league with friends or colleagues. Charge £5 per entry and the winning team gets a small trophy.

### Quiz Night

A fun way for all you clever clogs to raise money. Charge an entry fee, and choose your subject:

**Sporting Heroes**      **70's Pop Music**  
**Food & Drink**      **TV/ Film**

Or you could do your own version of **Who Wants to be a Millionaire**.

### Spot the Baby

Gather together childhood and baby photos. Charge £1 per guess and have fun guessing who's who.

### Duck Race

"Sell" numbered plastic ducks, find a stream and race your ducks. The first duck across the finish line wins a prize.

### Games Evening

Skittles, Tiddly Winks, Cards, Draughts, Shove Ha'penny. Get teams together for a night of traditional games, *charging an entry fee*.

### Balloon Race

The owner of the balloon which travels the furthest wins a prize

### Bottle Tombola

Get bottles *donated*, get a table and book of raffle tickets  
And this popular event is sure to raise cash.

### Sponsored Head Shave

A fun way to raise cash for Rett UK! Get friends and Colleagues to sponsor you having your head shaved, or alternatively get sponsored for having your hair dyed a funky colour.

### Talent Contest

Have your friends and family members got a musical talent? Or perhaps they juggle, or do magic. Maybe they play the spoons! Get them together, charge a small entrance fee, and get them to perform their talents in front of a panel of judges. Small prize for the winner. Maybe you could invite an audience, and charge them to watch the talent show.

### Beetle Drive

An old favourite, sure to raise funds for us. Get your friends together, and off you go. *Charge a fee* to take part.

### Whist Drive

All you need is a group of friends and a pack of cards for a sociable evening.  
*Charge a fee* to play, and make it as big as you want, may be even hire a hall or function room at your local pub.

### Scrabble Challenge

Everyone has a scrabble board! Get those boards out, get into teams and organise a challenge – who can score the most points? *Charge an entry fee*, award a prize or certificate to the winner.



## KIDDIES CORNER

### Toy Sale

Collect together all those toys you've outgrown or are bored with. Draw posters to let people know the date you are selling your toys, and donate the money you raise to Rett UK.

### Sponsored Silence

Give Mum and Dad some peace and quiet, and *raise money* at the same time. Decide to keep silent for one hour, and get sponsored for doing so. Get a group of friends to do the sponsored silence with you, and together *raise lots of money*. Sponsor forms available from the Fundraising Team.

### Sponsored Word Spell

Choose a word or phrase and see how many words you can find. RettUK can give you sponsor forms to get your cash pledges on – maybe *10p per word*.

### Give up Sweets

Go without your favourite chocolate bars, or sweets, for a whole month. Tot up how much you would have spent, and *donate* to Rett UK.

### Car Wash Weekend

A great way to *raise some money* and make grown ups happy too. Get a bucket and sponge, maybe get some friends to help, and offer to wash cars.

### Collect £1 Coins

Get a jar and persuade family and friends to *donate* a £1 coin. See how many you can get in the jar.

### Sponsored Computer Game Tournament

Get together some friends from school and get a computer console with various games. Agree with teachers if it will be a team effort or as individuals. Get parents and neighbours to sponsor you per level you reach. The winning team or individual gets a small trophy.

### The Sweetie Challenge

Get a large, clean jar. Fill it with sweets and *charge 50p* a go to guess how many sweeties are in the jar. The winner gets the jar of sweets.

### Name the Teddy Bear

Choose a name for your teddy. Write it down, and keep in a safe place. Then ask your friends and family to *pay 50p* each to guess the name of your teddy.

### Teddy Bears Picnic

Lilac is our corporate colour, so organise a picnic for your friends with purple food – blackcurrant tarts, blackcurrant jelly, blueberry muffins, purple lollies and blackcurrant juice. *Charge* your friends to come to the party to cover the cost of the food and make a *donation* to us.

### Sponsored Skip

Either skip on your own, or get some friends to skip with you. Ask the Fundraising Team for a sponsor form, and get sponsored for skipping.

### Wash up for Cash

Offer to wash up after every meal for a month, but *charge* for doing so! Make Mum happy, and *raise cash* for us too.

### Ask Teacher to Help too!

Speak to your teacher and see if your class can help raise funds for Rett UK. Perhaps you could all do a sponsored litter pick, or put on a show. We have a primary school pack to help you with ideas.

## FUNDRAISING IDEAS FOR THE SPORTY

### Aerobics

Get sponsored for doing your regular aerobics class. Or maybe you could persuade your aerobics class to join in and have a sponsored evening for us.

### Golf

Do you belong to a Golf Club, could you arrange a Golf Day to *benefit* Rett UK or nominate us as the Captain's chosen charity?

### A Flutter at the Races

Hire a room, book a horse race evening package and have an evening at the races. You could even have a Day at Ascot theme – picnic hampers and ladies in large hats!

### Swim the English Channel

And without leaving your pool! Be sponsored to swim the equivalent of swimming the English Channel. Or if that's a little too daunting, just get sponsored to do your usual few lengths of the pool. Sponsor forms from the Fundraising Team.

### Sponsored Bike Ride

Either get sponsored for riding through the lovely countryside (maybe even get friends or family to join you), or get on that exercise bike and pedal away to *raise cash*.

### Run for Cash

Calling all those marathon runners out there. How about being *sponsored* to run your next marathon? Perhaps you might like to apply for the London Marathon and support us. Call the Fundraising Team for details.

### Sponsored Walk

One to do on your own, or get a group together. Choose a route, and get *sponsored* per mile. Sponsor forms available from the Fundraising Team.

### Kilimanjaro Climb

Why not try a trek up Mount Kilimanjaro? A real challenge for all you outdoor people. We will supply you with a fundraising pack to inspire you and help you achieve your target. This is not only a trip of a lifetime but also a fantastic way to raise funds.

### Sports Day for Adults!

Just like at school. Find a sports field, organise egg and spoon races, a long jump and sack race. *Charge friends* to enter, have a fun day and *raise money* for us too.

### Car Treasure Hunt

Set a route with the challenge of finding local landmarks. *Charge a fee to enter*, and the first driver back having identified all the landmarks wins a small prize, or certificate provided by the Fundraising Team.

### Football Fanatic?

Indulge yourself! Organise teams to take part in a 5 a side football tournament. Charge an entrance fee, buy (or get donated) a small trophy for the winning team, and donate the rest to us.

### London to Paris Cycle Ride

This event is getting ever more popular with cyclists. The ride takes four days taking you through beautiful countryside. All accommodation and meals are provided. You just need to be able to cycle 90 miles a day! Are you interested in supporting us on this event next year? Call the Fundraising team for details.



## FUNDRAISING ON THE HOME FRONT

### **Attic Attack**

Always putting off clearing out that attic? How about taking the plunge and *selling* the items you no longer need and donating the proceeds to Rett UK.

### **Garage Sale**

Got lots of unwanted items, large and small? Open your garage doors to the public. Posters to advertise your sale available from the Fundraising Team.

### **Book Sale**

Is your home looking more like a book shop than Waterstones? Then sort those paperback books and magazines out and pass on to other bookworms for a *donation*.

### **New to You Party**

A good incentive to clear out those wardrobes and make way for more. Gather up all those clothes which you no longer wear. Put up posters and send out invitations (available from the Fundraising Team), provide coffee and biscuits and watch the sale begin.

### **Celebrating a Special Day?**

Getting together with friends and family to celebrate that special age or anniversary? How about making the event even more special by asking for *cash gifts* for Rett UK instead of presents? A really special way to help us.

### **Bric-a-Brac Stall**

Another good way to turn those unwanted household items into *cash* for Rett UK. Just get a stall and display your unwanted items.

### **Coffee Morning**

An old favourite, but ever popular. Simply invite friends and neighbours around for that welcome cuppa, and charge a small fee.

### **Quit that Nicotine!**

Give up smoking, and *donate the money you save* to Rett UK.

### **Sponsored Slim**

Can't get into those tight jeans? Go on a sponsored diet – it'll help you lose weight and help raise money for us. Sponsor forms available from the Fundraising Team.

### **Craft Sale**

Are you good at knitting, woodcraft, or needlework? Could you make items, and then sell them to raise cash for Rett UK? Perhaps you could have a stall on the village green, or in your local shopping centre.

### **Turn vouchers into Cash**

Save money on your shopping by using money-off vouchers? Pop the coppers saved in a tin, and donate to us.

### **300 Club**

For your chance to win up to £60 a month why not join our 300 club. For more details please contact Yvonne Oliver on 020 8455 8741.



## GROW CASH IN YOUR GARDEN

### Plant Sale

Got lots of cuttings and too many seedlings for your garden? How about passing them onto other gardeners for a *donation* to RSAUK.

### Open Your Garden

Share the beauty of your garden with others by throwing the garden gate open to others. Charge an entrance fee. Maybe you could persuade others in your road/ town to do the same.

### Flower Arranging

Are you good at flower arranging? How about putting on a *demonstration* and sharing your skill with others? Or maybe you could put together a few arrangements and sell them at a coffee morning.

### Egg Hunt

An idea for Easter. Hide Easter eggs around your garden. Invite friends and family (particularly the younger members) to spot the eggs and tick them off their list. Offer a small prize for the one who spots all the eggs in the quickest time.

## CASH CHALLENGE FOR COMPANIES

### Dress Down Day

Ever fancied going to work in shorts and T-shirt? Here's your chance to leave your suit in the wardrobe. Speak to your boss and set a date. Everyone pays £1 to take part. Posters to advertise your Dress Down Day are available from the Fundraising Team. Maybe the local press could come along and publicise your company.

### Break Away

Get together a team of work mates and challenge them to get as far away from work as they can within a day (or maybe weekend). *Sponsor them for every mile travelled.* There's only two rules: they must not break the law, and they must not spend any money!

### Bad Hair Day

An easy challenge to enter, simply don't do your hair before coming to work. Pay £1 to enter, and the most dishevelled head of hair wins.

### Funky Tie Day

Pay £1 to wear that awful tie to the office and dare to be ridiculed for your bad taste.

### Desk Top Sale

Got CDs you don't want, fed up with the latest blockbusting DVD, and finished reading that novel? Any items you no longer need could be *sold* from your desk top, and money donated to RSAUK.

### Want to be MD for a Day?

Sell the opportunity to be the Managing Director of your company at £1 a go. Put names in a hat, and the one drawn out gets to sit on the other side of the desk.

### Share that Car

Fill your car with colleagues. Instead of you all driving into work from the same area, give them a lift to and from work each day for a week. Get them to donate the petrol money they would have spent on their daily travel to work to Rett UK.

### Cakes for Coffee Break

Bake cakes, take them to work, and sell them at coffee break. Donate the money raised to us.

### Got a Sports & Social Club?

Then how about organising a disco for work friends and colleagues, and *donating the money* to Rett Syndrome Association UK.

### Raffle

A popular fundraising activity. Get together donated items for a raffle, and a book of cloakroom tickets. Sell tickets to workmates, make the draw (perhaps one lunch time) and *send the proceeds* to RSAUK.

### Donate Your Tips

Work in a bar, restaurant or hairdressers? How about *donating your tips* for one month to us?





## FOOD & ALL ITS DELIGHTS

### **Cheese & Wine Evening**

Invite friends and neighbours in for a sociable evening and provide cheese and wine. Charge £5 to come along, include a raffle too and raise even more money.

### **An Evening in France**

Without leaving your home! Invite friends to an evening of French food and wine. Decorate your home with strings of onions and garlic, checked table cloths and candle light. Encourage those attending to dress in the French style – berets and can-can girls!

### **Cream Tea in a Summer Garden**

Scones, cream and a pot of tea, enjoyed in your back garden. Invite friends and neighbours to enjoy this traditional summer activity whilst *raising funds* for RSAUK.

### **Ready Steady Cook**

Organise your own version of this popular TV show. Hire a village hall, get two chefs (perhaps from local restaurants), and beg or borrow kitchen equipment. Sell tickets to the show, and from your audience choose two contestants to take part in this fun evening.

### **A Pudding Party**

Everyone loves a pudding! Sell tickets to a get together where every course is a pudding – a great way to indulge.

### **A Spanish Fiesta**

Paella, sangria, sombreros and castanets. Invite friends and family for an evening full of memories of that holiday in the sun. *Charge to attend*, and maybe include a raffle to boost your fundraising for RSAUK.

### **Cakes, cakes and more cakes**

For all you cooks out there. Spend a morning baking, and then have a stall on the village green to sell your cakes. Always popular, everyone loves a homemade cake.

### **Shopping Tour**

A fascinating look behind the scenes of your local supermarket or high street retailer. Stores will often put on an evening tour of their store, which of course helps to promote their produce. Contact your chosen store manager for permission, set a date, and sell tickets.



## A POT POURRI OF SOCIAL ACTIVITIES

### **Antiques Evening**

Hire a hall, and sell tickets, inviting the audience to bring along an antique or family heirloom for valuing by a professional valuer.

### **Fancy Dress Disco**

An easy way to have a fun evening. Hire the venue, and a DJ. Ask everyone to come in fancy dress and charge £5 per ticket. Tickets and posters, to advertise your disco, available from the Fundraising Team.

### **60's Night**

A chance to be a teenager again, or just to enjoy music from the famous groups of the 60's. Hire a hall, get a DJ to play The Beatles, Rolling Stones, The Beach Boys etc. A chance to wear that mini dress and flared jeans.

### **Caribbean Ball**

Limbo dancers, steel bands and grass skirts. Find a venue, put together an exotic menu and have fun in the sun – in grey old England!

### **4<sup>th</sup> July Party**

Stars and stripes and beefburgers. Invite friends and neighbours to a BBQ in your garden on 4<sup>th</sup> July. Decorate your garden in the American way, encourage all to dress in western gear, and maybe even have a ho-down or line dance.

### **Karaoke Evening**

Got a karaoke machine? Find a pub who will host a karaoke evening, and have a fun evening whilst raising cash for Rett Syndrome Association UK.

### **Darts Match**

Get teams together, *charge them a fee* to enter, with the winning team receiving a small prize.

### **Coach Tour**

Contact a coach company, book a trip and *sell tickets* to friends and family, charging £1 extra for each seat, which you donate to Rett Syndrome Association UK. Include a raffle whilst on the coach. Have a good day out, and support RSAUK too.

### **Pool Competition**

Got a local pub with a pool table. Speak to the landlord and see if you can hold a pool competition there with the regulars, *charging a fee* to enter. Small prize for the winner.

### **Pub Crawl**

A good excuse for a night out. Ask local landlords if they will permit you to visit their pub on a designated night. Get collecting buckets from the Fundraising Team and visit each pub. To add more fun to the evening, maybe you could do the pub crawl in fancy dress?

### **Tea Dance**

Is dancing your cup of tea? Hire a hall, get a record player and some 78's. Provide tea and cakes, and *charge a fee* to attend.

### **Fashion Show**

Hire a hall, speak to your local boutique or persuade your high street clothes retailer and ask *them to put on a fashion show* on behalf of RSAUK. Tickets and posters for the fashion show available from the Fundraising Team.

### **Bridge Evening**

Get your card tables out, invite your bridge enthusiasts and off you go. *Charge a fee* to attend.

### **Dog Walking Services**

Got time on your hands? Enjoy walking? Love dogs? How about offering to walk your neighbours or friends dog, for a charge. You (and the dogs!) get the exercise, while raising money for Rett Syndrome Association UK.

### **Casino Night**

As posh as you want to make it – find a nice venue, hire in the casino equipment, and it can even be a black tie do.





**Barn Dance**

Find a venue, hire a band with a caller and off you go! All straw bales, picnic hampers, lemonade and frilly frocks.

**Wine Tasting Evening**

Become an Ozzie Clark for the evening. Find a friendly wine merchant, invite to supply wine and a wine expert in return for an opportunity to promote and sell their wines. Book your venue, sell tickets and enjoy the wine – taxi home advised.

**Line Dance Evening**

Hire your hall and line dance teacher, then don those Stetsons and have a fun evening.

**Gardeners Question Time**

Get together a team of local gardening experts. Invite your audience, at say £3 each, to ask questions and bring along their problem plants. Sure to be popular with all your green fingered friends.

**Musical Evening**

Do you know a local choir, musical group or band? Could you persuade them to put on a show to benefit RSAUK? Choose your date, book your venue, get posters and tickets from the Fundraising Team. *Sell your tickets*, and raise loads of cash.

**Theatre Trip**

Choose your show, buy tickets in a block, and sell them to your friends at a premium price, donating the extra cash to RSAUK.

**The Weakest Link**

Find the meanest comperè and “let them rip” with quick fire questions in an Anne Robinson style quiz. Must be worth an extra donation to be insulted by being “**The Weakest Link**”