

# A-Z Supporters Guide







### **Afternoon Tea**

Host an afternoon tea, and ask guest to pay towards their favourite tasy treats and hot drinks.

# **Abbey Dash**

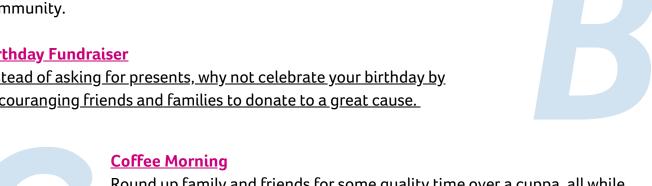
The Abbey Dash is known in running circles as one of the fastest 10k events you can take part in because it's a flat route.

### **Bake Sale**

A fundraising classic! Rustle up a delicious bake sale in your office or local community.

# **Birthday Fundraiser**

Instead of asking for presents, why not celebrate your birthday by encouranging friends and families to donate to a great cause.





Round up family and friends for some quality time over a cuppa, all while raising funds for Age UK Bradford District.

# **Carol Singing**

Choose and sing your favouriate carols whilst raising funds for Age UK Bradford District.

### **Darts Match**

Take aim to see who lands the bullseye in a round of darts.

# **Dry January**

Committing to Dry January to raise fund for charity but also offers the opportunity to improve your health.







# **Eurovision Party**

Everyone can represent a different country whilst raising funds for Age UK Bradford District.

# **Exercise Challenge**

Whether you're a keen cyclist, a super swimmer, or you want to increase your daily step count, create your own exercise challenge, your way.

# **Fancy Dress**

Hold a fancy dress day at school or at work for a donation.

# Film Night

Host your very own film night with friends or family, you can even get creative with themes.



# **Golf Day**

Get outside take to the green in a charity golf day event.

# **Gaming Challenge**

Have fun while fundraising with a video game challenge! Every completed level or beaten boss could raise crucial funds.

# Hire Me

Whether it's a specific skill, an area of expertise or personal passion support Age UK Bradford District by hiring your sevices out.

### **Home Collection Box**

Raise funds for Age UK Bradford District from the comfort of your own home.







Help and support Age UK Bradford District with an In-Store Collection.

# Iron Man Challenge

Host an iron man event to see who can tough it out.

# Jigsaw Puzzle Marathon

Compete to see who can complete the most puzzles the fastest.

### **Jumble Sale**

Sell your old or unwated items you have lying around.

# **Keepy Uppy Challenge**

Who will be able to keep the ball up in the air the longest?

### **Kick A Habit**

Pledge to blook the choc or go alchol-free for a set time. Get support for your effeorts by asking for sponsorship.

### **Limbo Competition**

Limbo is a fantastic way to have fun whilst raising money.

### **Loose Change**

Ask people to donate any loose change the have.





# **Mobile Free Day**

<u>Cut down your screen time and challenge yourself to go phone-free for a day, asking for sponsorship from family and friends.</u>

# **Matched Giving**

Ask you employer to match your donation by a percentage or pound-forpound.

# Nighttime Walk

Gather your friends for an after-dark walking challenge. Set a destination to reach for sunrise, and ask to be sponsored for your steps.

### Name The .....

Christen your bear the make a list of 100 names, charge people £1 to pick the one they think the cuddly bear does by. The person with the correct name gets to keep the teddy.



### **Office Collection**

Have a collection box in the office or workplace return the once full for an empty one.

### **Odd Jobs For Donations**

Mowing a lawn, washing a car, or fixing a fence-put your skills to good use by trading odd jobs for donations to Age UK Bradford District.

# **Pancake Competition**

Raise money through sponsorship by eating as many pancakes as possible two minutes.

### **Plant Sale**

Do you know your peace lilies from your parlour palms? Plant a seed of positivity by donating profits from your plant sale to charity.







# **Quiz Night**

Test everyone's knowledge with a quiz night to raise money for Age UK Bradford District.

# **Quiet Challenge**

Can you stay quiet for an hour? A day? A week? Let your actions speak louder than words with a sponsored silence.

### Raffle

Holding a classic fundraising raffle is an easy way to increase donations, as it can be incorporated into lots of other events.

### **Rounders Tournament**

Organise a rounders tournament to help raise funds for Age UK Bradford District.



### **Swear Jar**

Each time you say something your not meant to put some change in the swear box.

### Sweepstake

Hold a sweepstake on an event, the Grand National, World Cup, Euros etc.

### **Tombola**

Run a loacl tombola to help raise funds for Age UK Bradford District.

### **The Big Knit**

If you like to knit or have friends and family that might please get invloved.





# **Upcycling**

Can you transform household items or material into something new? Get creative and sell your up-cycled objects to raise funds.

# **Uniform Free Day**

Ditch the uniform for a day in return for a small donation.

# **Vegetable Growing**

See what vegetables you can grow and sell

# **Virtual Fundraising**

Hold a online fundraising event of your choosing.





# **Wear Our Colours**

Wear our logo colours in support of International Day for Older Persons and make a donation.

# **Wine Tasting**

Enjoy some delicious drinks by hosting your own wine tasting event.

### **Xmas Card Giving**

As an alternative to giving Christmas cards donate to Age UK Bradford District.

# X-Factor Competition

Invite friends and family and host your own X Factor style sining contest.







# Yoga Marathon

Find your inner zen, encourage friends and family to join in, raise cash with a sponsored yoga marathon challenge.

### **Yo-Yo Contest**

Show off your best yo-yo skills in a competiton whilst raising funds for Age UK Bradford District.

# **Zumba**

Host a Zumba party with your friends and family, enjoy working out whilst raising funds for Age UK Bradford District.

# **Zero Waste Day**

Challenge yourself to go fully zero waste for a week.