



Thinking about fundraising for Age UK MST? Here's some ideas to get you started!

Host a bake sale. Encourage your colleagues to bring in home-baked (or shop-bought) goodies and sell them in the office!

Get Quizzical. Quiz Nights can bring people together and raise money, so why not host one in your favourite pub?

Throw a party. Maybe a themed dinner party, a murder mystery evening or something else. Impress with your hosting skills and charge a small donation in the process.

Do something sponsored. A walk, a swim...even a sponsored silence! Choose something the people you know will consider a challenge and use it to fundraise.

These are just some ideas to get started. If you'd like to fundraise for us, email fundraising@ageukmst.org.uk or call **01622 753618** to find out how to get started!