

Running

Fundraising Guide



Your guide to raising £1,000

£100

Auction of promises £50

From dog walking to DIY, haircuts to car-washing. 5 jobs at £10 each.

£50

Cake sale

Sell 25 cakes at £2 or charge 10 friends £5 to enter a bake-off competition.

£180

Themed dinner party £80

Can you cook up a Mexican feast or an Indian spread? Invite 8 friends to chip in £10 for a delicious meal. Add extra flavour with music, a movie or fancy dress.

£250

Sporting Sweepstake £70

Whether it's the Winter Olympics, the Six Nations or the FA cup – charge £5 to pick a team and have extra bets on winners and top scorers.

£350

Street/Car Boot sale £60

Have a declutter and sell unwanted items outside your house, at a car boot sale or online.

Collection tins £40

Put our collection cans out in a busy local shop, gym or pub and put a poster up to say why you're collecting.

£290

£550

Curry and Quiz night £200

Invite teams of four to compete in a fun quiz. Charge £10 to enter and provide food and a drink. Ask local businesses or contacts to donate a prize.

£800

Match funding

Many companies will match fund your fundraising up to £250. Ask if yours will!

£1,000

£1,000 - You did it!

You're a fundraising superstar – THANK YOU for all of your efforts for Age UK. Your fundraising will help us to be there for even more older people who need advice, friendship or support.

Sponsorship and Social shares £200

Spread the word on social media and ask friends and family to sponsor your incredible challenge!

Need help with your fundraising?

We're here for you every step of the way. Email:
fundraise@ageuk.org.uk and we'll get straight back to you.

Please take a look at our top tips for making your events fun and safe:
www.ageuk.org.uk/get-involved/fundraise/health-and-safety

Age UK Advice Line

Age UK's Advice Line is a free, confidential national telephone service for older people, as well as their families, friends, carers and professionals. Our team will give you information that's reliable and up to date and help you access the advice you need. Lines are open 8am-7pm, 365 days a year:
0800 678 1602