



A

Abseil- sign up for an abseil challenge and ask for sponsors

Afternoon tea- organise an afternoon tea at work or with friends and donate half of the proceeds

Arts & Crafts-organise an arts and crafts afternoon and ask each person to donate to take part

Auction- hold an virtual or in person auction, asking family and friends to donate items and donate the proceeds

B

Bake Sale- organise a bake-off competition at work or with friends and then sell the cakes donating the proceeds

Bingo- Host a bingo night in person or virtually, inviting friends, family and colleagues to attend, with half of the winnings from each game being donated

Bowling/bowls- organise a competition and ask each person to donate to take part

Bungee Jump- sign up for a bungee jump challenge and ask for sponsors

C

Cheese and wine evening- host a night in person or virtually trying some amazing cheeses and wines and ask each person to donate to take part

Coffee & cake- organise a coffee & cake morning at work or with friends and donate the proceeds

Comedy night- organise a comedy night, sell tickets and donate half of the proceeds

Cycling event- sign up to a local event or organise your own and ask for sponsors

D

Danceathon- organise a 12 or 24 hour danceathon, incorporating all different styles of dance with all each person being sponsored to take part

Darts Tournament- round up your local teams, ask each person to donate to take part

Dress down day- ask everyone at work to wear their own clothes and ask for each person to donate to take part

E

Eighties night- gather your family and friends together in person or virtually for a night of eighties music and fancy dress asking each person to donate to take part

Eurovision dinner party- gather your family and friends in person or virtually with each person dressing up to represent a country and ask for each person to donate to take part

Exercise marathon- organise an all day exercise event at your local gym with everyone being sponsored to take part

F

Family fun day- organise a day for all the community with bouncy castles, face painting, cake sales, tomobola and raffle prizes charging for each activity

Fancy dress day- organise a day at work where everyone wears fancy dress, you can pick a theme or have a free for all, asking each person to donate to take part

Football tournament- whether it be 5 a side or 11 a side, get your friends, family and work colleagues involved by charging per team and donating the proceeds

Fun run- sign up to your local fun run on your own or take part with friends, family or work colleagues and ask for sponsors

G

Games night- gather your family and friends together, dust off the gameboards or play online and ask each person playing to donate to take part

Give something up- give up something you love for a month and ask for sponsorship

Golf challenge/event- whether you challenge yourself to playing 54 holes of golf in one day or organise a full day event with lots of participants, you can ask for sponsorship or charge people to take part with proceeds being donated

H

Half marathon- sign up for a local half marathon event and ask for sponsors

Hair colour/head shave- dye your hair a fun colour or colours and ask for sponsorship or if you are feeling really brave, get people to sponsor you to shave your head

Hiking- sign up for a hiking event and ask for sponsors

I

Iron man- sign up to your local event, take part by yourself or in a team asking people to sponsor you for taking part

It's a knockout- organise a great team building event with your work colleagues or a fun day with friends and family, charging each person a fee to take part and donate the proceeds

J

Jigsaw puzzle challenge- gather your family and friends together to see how many jigsaws you can complete in an allotted time and ask them to donate to take part

Juggling challenge- challenge yourself, friends and family to a juggling challenge, seeing who can last the longest and ask them to donate for taking part

Jumble sale- go along to a local sale and take along any old or unwanted items to sell and donate the proceeds

K

Karaoke contest- organise a night with friends in person or virtually, taking it in turns to become a star and asking them to donate to take part

Kayaking challenge- organise a kayak race at your local centre, get family, friends and colleagues to take part in teams, charging per team to take part and donate the proceeds

Keepy uppy challenge- ask members of your local football teams to each take part in the challenge, getting sponsors for taking part

Knitting challenge- ask members of your local knitting groups to take part in an all day challenge getting sponsored to take part

L

Las Vegas theme night- bring Vegas to you and organise an evening of glamour and ask each person to donate to taking part

Long jump challenge- challenge your family and friends to see how can jump the furthest, ask each person to donate to take part

M

Marathon event- sign up for a local marathon event and ask for sponsors

Mini golf challenge- challenge your family, friends and colleagues to see who can get around the course the quickest, ask them to donate to take part

Mountain challenge- challenge yourself and get a team together to climb a mountain and ask for sponsors

Murder Mystery night- organise a fun night in and ask each person to donate to take part

N

Netball tournament- organise the event with local teams, charge per team to play and donate half of the proceeds

Night time walk- organise a sponsored walk with friends, wear neon colours that glow in the dark and ask for sponsors

Nineties night- gather your family and friends together in person or virtually for a night of nineties music and fancy dress asking them to donate to take part

O

Obstacle course- sign up to your local inflatable challenge with your work colleagues, family or friends and get sponsors for taking part

Open mic night- organise a local event and sell tickets to the event with half the proceeds being donated

P

Penalty shootout- organise a shootout, seeing who can score the most penalties in a set amount of time, asking each person to donate to take part

Ping pong challenge- round up your family and friends for a fun challenge and ask each person to donate to take part

Pool tournament- round up your family and friends fun challenge and ask each person to donate to take part

Q

Quickest time challenge- challenge people to see who can complete a set number of tasks in the quickest time and ask each person to donate to take part

Quiz night- whether it be virtual or in person, everyone loves getting involved in a quiz, ask each person to donate to take part

R

Raffle- hold a raffle asking for prizes to be donated with proceeds from the raffle being donated

Roaring twenties night- host a twenties themed party for your friends and ask them to donate to take part

Rounders tournament- get your family and friends together into teams and ask each person to donate to take part

Running events- sign up to a local event and ask for sponsors

S

Scrabble marathon- play as many games as possible in an allotted time and ask each player to donate to take part

Skydive- sign up for a challenge and ask for sponsors

Sports day- get all the community involved with retro sports day races asking each person to donate to take part

Swimming challenge- challenge yourself to swim a great distance and ask for sponsors or organise swimming races at your local swimming baths

T

Ten thousand steps challenge- whether you do it alone or with friends, ask for sponsors to do 10,000 steps every day for a month

Three peak challenge- get a team together and tackle the three peak mountain climb challenge and ask for sponsors

Tombola- organise a tombola with fun prizes and donate the proceeds

Tuck shop- set up your own tuck shop at work and donate the proceeds

U

Ultimate frisbee- round up your friends and family and go to your local park for a competition and ask each person to donate to take part

Upcycling challenge- get crafty for the day transforming old items into something new and sell them, donating the proceeds

V

Video gaming competition- organise an online gaming event inviting your friends to take part and ask for each player to donate to take part

Volleyball contest- invite friends and family to take part and ask for each player to donate to take part

W

Walk to work challenge- leave the car at home, forget public transport and get sponsored to walk to work every day for a set amount of time

Waxing challenge- round up some sponsors to have something waxed, maybe your legs or your chest!

WOLF run- round up a team and get signed up to a local event asking for sponsors

World record attempt- pick a world record you think you could break with family, friends and colleagues and ask people to donate to take part

X

Xbox tournament-organise with your friends and ask each player to donate to take part then donate half of the winnings

Xmas jumper day- ask everyone at work to wear an xmas jumper and ask each person to donate to take part

Y

Yoga marathon- organise a yoga challenge that lasts a set amount of time with each person being sponsored to take part

Z

Zip wire challenge- sign up to a zip wire challenge and get sponsored for taking part

Zorb football- round up your family, friends and colleagues ask each person to donate to take part

Zumba marathon- take part in a Zumba class that lasts a set amount of time, getting sponsors to take part

