



## Putting the **FUN** back into fundraising

What better way to support the work of **Freedom From Fistula** than by getting together with family, friends or colleagues and organising your very own fundraising event, knowing that absolutely every penny raised really will help women and girls in Africa and make their life worth living. **100%** of your donations go directly to our projects as all administration costs are met by the charity founder.

We have put together some ideas which we hope offer inspiration! The most important thing to remember is that fundraising is about raising money and is vital for the charity, but it is also about having **FUN!** For further ideas or helpful information, visit [www.how2fundraise.org](http://www.how2fundraise.org).

We are here to help, so, for more information, resources or support and advice, please phone the office on 01738 633264 or visit our website [www.freedomfromfistula.org.uk](http://www.freedomfromfistula.org.uk) – we'd really love to hear from you!

## How **your money** helps...

- ♥ **£2** can feed a woman in our care for a full day
- ♥ **£10** can pay for a new outfit for a patients celebratory leaving ceremony
- ♥ **£50** can pay for a fistula patient's education during their stay at our facilities
- ♥ **£100** can help pay towards a safe delivery for mother and baby
- ♥ **£200** can purchase an income generating solar station
- ♥ **£1,000** can pay for life changing fistula care



### Where to send your donations



Cheque to Freedom From Fistula,  
The Steading, Kinfauns, Perth, PH2 7JU



[www.justgiving.com/freedomfromfistula](http://www.justgiving.com/freedomfromfistula)

## A

### **Auction**

Ask people to offer their time or expertise as part of an Auction of Promises.

### **Afternoon Tea**

Invite friends to come along and enjoy a 'real afternoon tea' making sure you charge everybody to attend.

### **Antiques Roadshow**

Enlist the help of local experts and charge for entry and valuations.

## B

### **Bring and Buy Sale**

Always a winner!

### **Bad Taste Clothing Day**

Organise in your place of work – everybody pays to wear bad taste clothes for a day!

### **Babysitting**

Charge for the service and donate your earnings to us.

## C

### **Car Washing**

Charge to wash cars for friends and neighbours.

### **Curry Night**

Organise a Dinner Party with a difference and charge guests to attend.

### **Cake Bake**

At home or in the office this is always popular – sell slices for a £1 each.

## D

### **Dog Walking**

Offers your services as a dog walker.

### **Demonstrations**

Invite an expert to do a talk or demonstration of their skills and charge admission.

### **Dinner Dance**

Good food, good band and a raffle will help this event go well.

## E

### **eBay**

Register on eBay.co.uk and have fun auctioning off unwanted items.

### **Exhibition**

Ask local craftspeople – artists, jewellers, wood turners etc to hold an exhibition of their work and charge admission.

## F

### **Fashion Show**

Speak to a local shop or boutique and ask them to stage a fashion show in aid of the Freedom From Fistula Foundation.

### **Football Matches**

Speak to local clubs about organising a half time collection.

### **Facebook**

Encourage friends and family to support your fundraising endeavours through Facebook and other social networking sites with lots of gentle reminders and links to Just Giving pages.

### **Fun Runs**

Organise your own event or book a place in an officially organised event near you.

## G

### **Go Green!**

Eat only green food for the day and ask people to sponsor you.

### **Golf Tournament**

Ask a local club to sponsor this event and help you publicise it to club members and local business people.

### **Garden Party**

Open your garden to the public, charge an entrance fee and offer light refreshments.

## H

### **Head Shave**

Find a brave person to raise money by having their head shaved!

### **Hair Raising Experience!**

Challenge your greatest fears and get sponsored to do so.

### **Hat Day**

People pay to wear hats for the day – prizes for the biggest/most outrageous!

## I

### **In Memorium Gifts**

Donations in memory of a loved one.

### **Individual Gifts**

Ask for donations or pledges of an hour's pay or a day's holiday.

### **International Evening**

A dinner party with a difference with each course from a different country.

## J

### **Jumble Sale**

Easy to organise and always popular!

### **Jog A Thon**

Get fit and raise vital funds at the same time.

### **Jewellery Evening**

One for the ladies – invite a local jeweller along to talk about their craft and take a percentage of anything they sell.

### **Jelly Eating Competition**

Great for Kids!

## K

### **Karaoke Night**

One for all ages! Ask a local hotel or pub for help organising this.

### **Knobbly Knees Competition**

An easy fundraiser for the office!

### **Kidnap and Ransom**

Identify some willing volunteers to be 'kidnapped' – they then have to raise the ransom to be released!

## L

### **Lunch In**

Ask friends and colleagues to take sandwiches to work for a week or a month and donate the money they save.

### **Local Races or Marathons**

Take advantage of events in your area and get sponsored to take part.

## M

### **Master Class**

Do you have a skill or a talent? Why not organise classes and show others how it's done.

### **Mile of Pennies**

Ask pupils at local schools to collect coins in a Smarties tube and on a set day try and make a mile of pennies around the playground.

### **Murder Mystery Party**

Not for the faint hearted!

## N

### **New Year Resolutions**

Get sponsored to stick to your resolutions.

### **Nearly New Sale**

Organise a sale of clothes, baby items, children's toys or unwanted presents.

### **Non-Uniform Day**

An easy fundraiser for Schools to organise. Pay £1 to come to School in your own clothes.

## O

### **Outward Bound Weekends**

The ideal challenge event for Companies and groups of adventurous friends!

### **Opera**

See if a local theatre would donate a percentage of the ticket sales on opening night.

### **Online Giving**

Set up a Just Giving page and email the link to friends, colleagues and family so that they can sponsor you online.

## P

### **Plant Sale**

Sell cuttings of all your favourite plants to family and friends.

### **Parachuting**

Research local centres and organise a leap into the unknown! Go to [www.skylineparachuting.co.uk](http://www.skylineparachuting.co.uk) for more information.

### **Pamper Night**

Set up your house as a relaxation area and charge friends to come and be pampered.

## Q

### **Quiz Events**

Always popular, organise an inter-department quiz at work or get together in a local hotel for a quiz night.

## R

### **Return to the 60's Party (or 40's, 50's etc)**

Sell tickets, award prizes for the best fancy dress and dance the night away!

### **Raffle**

Raffle tickets should not be sold externally from an event unless a local authority licence is arranged by the organisers. Cloakroom tickets sold at the event are fine, but should be drawn as individual numbers and not as strips or numbers. Our fundraising team would be delighted to help you organise an appropriate raffle for your event.

### **Recipe Book**

Ask friends, colleagues and family for their favourite recipes and put them together in a book or as a downloadable PDF file. Sell in schools, companies or online.

### **Run, Walk, Cycle or Trek**

Find an event near you or abroad at: [www.timeoutdoors.com](http://www.timeoutdoors.com) or [www.doitforcharity.com](http://www.doitforcharity.com)

## S

### **Sponsored Events**

Run, swim, slim or sit in a bath of beans! Ask friends and family to find a fun way to raise sponsorship.

### **Safari Supper**

A dinner party with a difference! Each course is in a different house!

## T

### **Theatre Preview**

Persuade your local theatre or amateur dramatics society to do a preview in aid of FFF.

### **Ten Pin Bowling Tournament**

Easy to organise and great fun for families.

### **Tug of War**

Organise your own event or ask local Young Farmers to organise an event and donate the proceeds.

## U

### **Uphill all the Way!**

Organise a sponsored walk up a nearby hill.

## V

### **Variety Show**

Set up a Britain's Got Talent style show and charge people to enter.

### **Valentines Day Ball**

A great excuse to get dressed up!

## W

### **Word Search Competition**

A cheap and easy way to raise money. Sell copies to family and friends. Pick a winning entry out of a hat on a designated date.

### **Wine Tasting Evening**

Invite a local wine merchant to bring along a range of wines and charge people to attend the tasting.

## X

### **Xmas Cards and Decorations**

Make your own cards and decorations and sell them at local craft events.

### **X Factor**

Organise your own version of the hit TV show.

## Y

### **Yes Day**

Ask people to sponsor you to say 'yes' to peoples' (reasonable) demands for a day!

### **Your own idea**

We've got you thinking! The above offers some ideas, but maybe you have one of your own? Let us know and we can help.

## Z

### **Zumba-thon**

Organise a sponsored dance exercise class.

### **Zany Tie Day**

£1 to participate and £2 for those who don't!