

SANE Fundraising A to Z



Our A to Z of fundraising is packed with creative and fun ideas to inspire you to try something different while raising money. How will you choose to support people affected by mental illness?

A

AUCTION / AUCTION OF SKILLS - Reach out to contacts to see what you could auction, such as a rare collectibles or sought-after memorabilia. You could also ask local businesses to donate items. Or, get others involved and auctioning off skills and services. Offers could include cooking dinner, walking someone's dog or making tea for the entire office for a month.

AWARENESS DAYS - coincide your event with Mental Health Awareness Week in May or World Mental Health Day on 10 October.

B

BAKE SALE - unleash your inner Mary Berry or Paul Hollywood!

Whether you create a showstopper, some cookies or cupcakes, get baking and sell your creations in the office or at school. You could do some competitive baking - charge an entry fee and judge the best cake.

BINGO - who will be first to check off all their numbers and get a full house at bingo night? Don't forget your dabbers!

C

COFFEE MORNING - hold a coffee morning at work or with friends in exchange for donations! You could also combine it with a bake sale.

CAR BOOT SALE - are you still holding onto the gift you got last Christmas but don't want? Encourage friends and neighbours to declutter then see who can raise the most money with a friendly competitive car boot sale.

D

DINNER PARTY - get inspired by Come Dine With Me and show off your culinary skills. Invite friends and ask them to donate what they'd pay in a restaurant.

DANCE - hire a local venue and dance the night away, charging for entry. What about a TikTok dance challenge? Nominate your friends to do it next and donate for each different routine.

DRESS DOWN DAY - who doesn't love an excuse to be casual!



E

EBAY FOR CHARITY - sell any unwanted items on eBay and donate a percentage of your sales to SANE.

EASTER EGG HUNT - get everyone involved and charge for entry. You could even have an egg-painting competition or a parade of Easter bonnets with an entry fee and prize for the winner. Egg-citing!

F

FIVE-A-SIDE FOOTBALL - organise a match between friends or gather a few teams and host a tournament. Charge for participation and supply some warm beverages for spectators.

FANCY DRESS - dressing up can be a really fun way to attract attention and help you raise even more money. Have a fancy dress day in the office or ask your teacher if you can have one at school.

G

GIVE IT UP - could you live without chocolate, coffee or your phone? Give your biggest vice up for a day, a month or even a year (!) and get sponsored for it.

GAMING FOR GOOD - whether you prefer board games like Monopoly or Carcassonne, or video games such as Mario Kart or Fortnite - get together with friends or colleagues and see who comes out on top.

Or you could get yourself on Twitch and live stream a 24-hour gaming marathon and encourage your followers to donate.

GOLF DAY - team up with some friends and fundraise with a round of golf. Include challenges like Captain's Hole: choose one hole where missing the green means you must donate £10 to SANE. Tee-rific!



H

HAIR SHAVE - if you're feeling brave, why not shave your head to raise money and help us support people affected by mental illness.

HAMPER - create a hamper full of goodies and raffle or auction it off at your fundraising event.

I

INDOOR SPORT - indoor sports are a great way to guarantee everyone will have fun, without getting caught in the rain. Don't forget the egg and spoon race!

IT'S A KNOCKOUT! - organise a grown-ups' sports day, and provide an incentive by getting local businesses to donate prizes worth fighting for.

INTERNATIONAL FOOD PARTY - coincide with and an event, such as Eurovision, where everyone brings a dish from a participating country. Ask guests for a donation, then sit back and watch the show.

J

JEWELLERY MAKING - organise an evening learning to make jewellery, then sell it to your friends and family.

JUMBLE SALE - go full-on Marie Kondo and clear out all your cupboards and wardrobes at home then sell what you don't need for charity. Invite friends and neighbours to join you and raise even more money.

K

KARAOKE NIGHT - Are you an aspiring Billie Eilish? Can you spit lyrics like Stormzy? Or is your inner diva more like Elton John? Whatever your taste, get your friends together for a fantastic night of belting out all your favourite tunes.

KEEPIE UPIIE CHALLENGE - Did you know that the record for the longest keepie uppie session is 26 hours? Why not try to break the record with your own marathon. Get your friends involved and see who drops the ball first and who lasts the longest.



L

LUNCH AND LEARN - get one of our speakers to attend a charity lunch at work or home, and learn a bit more about what we do at SANE while enjoying great food.

LOOSE CHANGE - collect your own or encourage your office to get rid of any loose change. You'll be surprised how much those pennies will add up! Contact us for a collection box.

LIVESTREAM - charity streaming gives you the freedom to fundraise your own way. Whatever your talent, hobby or challenge, you can raise vital funds to support people affected by mental illness.

M

MOVIE NIGHT - host a movie night and sell tickets to friends. You could even charge for popcorn!

MARATHON EVENTS - take a look on our website for a marathon near you - sane.org.uk/events

MATCHED GIVING - whether you're raising money in the office or outside of work, a lot of employers offer matched funding. Ask yours if they will support your fundraising.

N

NETBALL TOURNAMENT - organise a match between friends or get even more people involved and host a tournament. Charge for participation.

NOMINATE - make the most of your social media followers and challenge your followers to do something different. Ask your friends to join in and then donate once they've completed the challenge. You might even go viral!

P

PANCAKE PARTY - host a pancake party on Shrove Tuesday and invite people to bring their favourite toppings. Include a pancake toss competition or a pancake race and ask for donations.

PAMPER DAY - it's likely your friends love a bit of pampering, so why not plan a day that offers the break some people need. Have your friends over for a night in to treat yourselves. You could even make your own beauty products which will help keep guests entertained and your spending low.

Q

QUIZ NIGHT - a popular option for fundraising that's fun and easy to organise. You could also include a raffle or auction to raise more money at the same event. We can even provide you with a ready-made quiz that'll make organising easier! For more information, just email us at fundraising@sane.org.uk.

R

RUN - take part in a running event near you. Whether it's a 5K or a full marathon, we've got lots of events to suit everyone. To find out what's near you, go to sane.org.uk/events

RAFFLE - contact local businesses and organise a raffle at work or as part of a fundraising event. Need help finding prizes? Contact us for tips!

READ-A-THON - challenge your friends to see how many books you can read in a day, a week or even a month! Once you've read them all, you could organise a book swap and pay a small fee for a new book you haven't read yet. Who's your favourite author?

O

OBSTACLE COURSE - take on an inflatable obstacle course - they're lots of fun for all the family. To find one near you go to our website - sane.org.uk/events

OCCASIONS - got a special day coming up? Whether it's a birthday, anniversary or a milestone like graduation, share the love and ask your family and friends for donations rather than gifts.



S

SKYDIVE - get sponsored while ticking something off your bucket list in the ultimate challenge for an adrenaline junkie! Go to sane.org.uk/skydive to find a location near you.

SWEEPSTAKE - whether there's a big sporting event coming up like Wimbledon or the World Cup, or you're a fan of Strictly Come Dancing or the Great British Bake Off, there's always an opportunity for a sweepstake. Get your family or office involved.

SPONSORED SILENCE - if you're a chatterbox who finds being quiet a challenge, perhaps you could raise funds with a sponsored silence.

T

THEME - everyone loves a theme. If you're planning an event, it's always good to have a theme - perhaps masquerade ball, Christmas in July or under the sea. Is Halloween coming up? Host a horror movie night and get people to make donations to vote for the films they want to watch - or don't want to watch!

TALENT SHOW - Organise a talent show and raise money through ticket sales. You might be surprised by everyone's talents - who knew Karen from Finance was a champion axe thrower or Mr Jones who teaches maths could sing like Cher?!



U

UNIVERSITY CHALLENGE - challenge a rival school, college or university to take part in the ultimate academic quiz. Your starter for ten?

UNIFORM FREE DAY - dress down for the day and ditch your usual uniform. Choose a theme and charge everyone £1 to take part.

W

WORLD RECORD ATTEMPT - have a go at breaking a world record, the wackier the better. Contact local press in advance to get more support and publicity for your event, and remember to shout about it on social media.

WALKING - is running not for you? Why not do a sponsored walk with your friends instead. You could even bring your dog and get fit while raising money for charity.

X

XMAS FAIR - organise a Christmas fair and donate all proceeds to charity. Have a SANE stall with our pin badges, wristbands and leaflets to help spread the word about what we do and how we support people.

X MARKS THE SPOT - treasure hunts are a fun and easy way to raise money. They're flexible and inclusive so they're suitable for all ages and abilities. By charging teams or individuals an entry fee and by getting sponsorship based on the number of clues correctly answered, for example, it's an effective way to raise money.

V

VALENTINE'S DAY - host a speed dating or singles' night for your other single friends or even throw an alternative Valentine's Day event revolving around something else that you love.

VIRTUAL FUNDRAISER - why not hold a virtual wine and cheese night or arrange a virtual yoga class. Everyone knows how to use Zoom by now. You're on mute!



Y

YEAR OF CHALLENGES - whether you set yourself one big year-long challenge, or multiple challenges along the way, make it a year to remember and support SANE.

Meet David
He's running a 10K every month for a year to raise money for SANE. Could you do something equally as amazing?

Z

ZUMBA-THON - get your local gym or sports centre involved, and ask attendees to donate the cost of a class.

ZIP WIRE - take on the thrill of a zip wire for SANE and encourage your friends and family to sponsor you.

However you support SANE, we're here to help you along the way. Get in touch with us at fundraising@sane.org.uk. And, whatever type of fundraising you choose, don't forget to take lots of photos and tag us - [@charitySANE](https://www.instagram.com/charitySANE). We can't wait to see what you get up to!