



30 Days for Tay A-Z Fundraising inspiration

A

“A mile a day”- commit to walking or running a mile a day for 30 days

“Art” – Pick up a pen or pencil and draw every day for 30 days, improve your skills and maybe even sell them for additional fundraising!

“Afternoon Tea”- host your own afternoon tea event- a delicious way to raise funds for TMD- “one lump or two”?

B

“Bake sale”- host a bake sale to raise funds throughout September. 30 cookies anyone?

“Bingo night”- host a night of bingo with friends, family, and colleagues

“Bake off”- Get together with your social groups to hold a fundraising bake-off competition! Yummy!

“Bowling night”- Whether it’s a team challenge, individual challenge, or a duration event, see if people can spare some time to enjoy a night of ten-pin bowling to raise funds

C

“Car Wash” – Connect with your neighbours throughout September and offer your services for a donation to your fundraising appeal

“Chocolate break” – can you give up chocolate for 30 days and get sponsored to do so?

“Coffee morning”- simple yet satisfying. Whether at work or at home, enjoy a coffee morning to raise funds for TMD

D

“Dance-a-thon”. Get with some friends and dance the night away on a sponsored dance event! How long can you keep it going?

“Disney-a-thon”. Commit to a whole day or weekend of watching Disney films! Take your fundraising to infinite and beyond!

“Dinner party” Invite your friends over for a slap-up meal and ask them to donate what they feel they would have paid to a restaurant Don’t forget the service charge!

E

“Eating contest” Whatever the product- biscuits, rice pudding, hotdogs or even baked beans with a toothpick, why not organise a sponsored eating competition? (You may then need to do a sponsored walk afterwards!)

F

“Football match” - Part of a local team? Why not host a charity football match? Ole, ole, ole ole!

“Fancy Dress Day”- Whether at school, your place of work, or within your social groups, why not donate and spend the day in fancy dress?!

G

“Gaming marathon”- Whether it’s on a device, or a traditional boardgame, why not host a gaming marathon with fellow game enthusiasts? 24 hour D&D anyone?

H

“Hula Hooping” Grab yourself a hula hoop and see how many spins you can do in a period of time! Get sponsorship for number of spins or duration!

“Harry Potter weekend”- Grab your diary, book yourself out for a weekend in September, and watch the entire collection of one of the most popular sagas in our lifetime! Bonus donations if you dress up as a character

I

“Indoor market” - Why not see if you can host an indoor market this September- supporting local businesses, and raising funds and awareness of TMD in the process

“It’s a knockout” - Get together with your colleagues for some silly (but safe) games, challenges and activities- and get sponsored for doing so

“Invoice donations” When you send an invoice to you clients and customers throughout September, perhaps consider asking them if they’d like to make a one-off £30 donation to TMD on top of their invoice.

J

“Jumble Sale” - Is your garage or loft full of unused stuff? Why not hold a jumble sale to raise funds for TMD and clear some space in the process?

“Jazz night” - Know people who enjoy jazz? Have a get together to listen to your favourites pieces and take a donation for attendance.

“Jumpin’ Jacks” - Sponsored Jumpin’ Jacks event- time or number of jumps can be sponsored.

“Joke- a- thon” - The funniest way to raise money for TMD. Hold a comedy event and keep those jokes coming for hours on end...if you can!

K

“Karaoke” - the ultimate classic- grab some friends and sing the night away to raise funds for TMD. Or speak to your local pub and see if the landlord will host a karaoke event.

“Krispy Kreme doughnut sale” - If using for a charity event- did you know you can get original glazed Krispy Kreme doughnuts at HALF PRICE? A delicious way to raise money. Or, if you’re brave enough to take on the calories, why not have a doughnut eating competition? Nom Nom!

L

“Laser Tag Battle” - See if you and some friends can take over a location with laser tag- run tournaments, duration events, or last man standing! Pew pew!

“Live stream event” Can you present you own live stream on social media? Perhaps you know a local celeb that would appear on your content? Talk about TMD to raise awareness, have some interactive entertainment to keep people tuned in- endless possibilities about what you could broadcast...as long as it’s family friendly of course.

M

“Monte Carlo night” - Host your own Vegas style get together with friends and family- and raise funds by playing games like roulette, poker, and blackjack.

“Makeover party” - Get together with some friends for a beautiful night of manicures and makeovers.

“Murder mystery night” - Ever growing in popularity, host your very own “who dunnit” mystery evening- Who will solve the clues first? Why is it always the lead piping in the conservatory?!

“Movie night” - Select a film, grab a bottle of wine, a bucket of popcorn, and invite people over to enjoy a movie with you. Simple, fun, but still impactful.

“Match funding day” Speak to your managers at work. If you set up a fundraising activity day- will they match fund your fundraising total?

N

“Non uniform day” Ask your teacher, or your school’s PTA if an own clothes day can be arranged in September.

“Night walk” Put on your trainers, grab a flask of hot chocolate, and take part in a sponsored nighttime walk

O

“Origami month” Why not get sponsored as you commit to learning the basics of Origami throughout the month of September?

“Open mic night” Put on or ask a local pub to host an open mic night where comedians, singers, poets, impressionists or even ventriloquists can join this special night of fundraising.

P

“Pizza night” - Grab your besties, order (or make) some pizzas, and spend the evening together perhaps in a garden, in front of a movie, or in your PJ’s- wherever the mood takes you. Attendees can make a “doughnation” to raise funds- Italian style!

“Ping pong tournament” - Are you the next Forrest Gump? Pick up your paddle now and challenge your friends or colleagues to a game of table tennis- whether it’s a tournament or duration event, we’re sure you’ll smash your fundraising goal!

Q

“Quiz Night” - The all-time favourite of fundraising wherever you go. Holding a quiz night is both social and educational, and a fantastic way to raise money throughout this campaign.

Everyone can do it- church groups, scouts/guide groups, pubs, clubs, schools- any age can get involved!

R

“Raffle”- Another stalwart of fundraising methodology. Easy to organise, easy to host, easy way to raise money, and can be an add on to any planned event being held throughout #30daysforTay

“Read-a-thon” – One for all book lovers! How many books do you think you can read in a week, or a month? Get sponsorship to see how many you can do, and enjoy the beauty of the English language whilst raising vital funds for TMD

S

“Swim- a-thon”- Says it all really! Organise your swimming event for September and get sponsored for as many laps or lengths as you can do!

“School disco”- Speak to your local school or your child’s school to see if they can host a school disco

“Summer BBQ or soiree”- Finish the summer in style and arrange a BBQ or soiree in September for friends, family, colleagues, and social groups- a great way to see out the summer and raise money for TMD

T

“Tasting event”- Whether it’s wine, cheese, chocolate, or anything else that could attract a good crowd to come and try something out- why not host an evening for guests to enjoy samples of whatever fayre you put on the table?

“Themed Party”- There are really no limits to what this could be. Disco, Movies, Sporting, Superheroes- anything goes...as long as you come dressed appropriately to the theme and donate!

U

“University Challenge”- Are you or someone you know at university? Why not arrange your own University Challenge style competition to raise awareness and funds for TMD?

V

“Variety Show”- Do you have some friends or family with a hidden talent? Why not showcase their skills by hosting a variety show? Whether it’s in your garden, a community hall, or the local pub- this could be a great night of fundraising!

W

“Sponsored walk” - Suitable for any age group, another fantastic way to involve all the family, all of a school or all of your friends, set yourself a target distance, get sponsored, and go smash it!

X

“X-Factor night” - Classic singing competition in the style of one of the UK’s most beloved talent shows. Entry fees and donations all go towards the fundraising total

Y

“Yoga-thon” - Are you part of a yoga group? Do you know an instructor who would love to get involved? Organise an indoor or outdoor yoga-thon and fundraise while getting fitter!

“Yes day” – this could get very crazy very quickly! Whether at your place of work, with your family, or just with your besties, make a request and if they don’t say “Yes”, they have to make a donation! Could be a fantastic day of fun and silliness!

Z

“Zumba-thon” - If you’re feeling energetic and want a physical challenge that lots of people can take part in, this is a great way to raise sponsorship together.