



# The A to Z of fundraising ideas

## Everyone can get involved!

There are loads of ways you can fundraise for Mencap and help us in our work supporting people with learning disabilities, their families and carers. Here are a few ideas to get you started!

### A

#### **Abseil**

Get a group together, find a company and face your fear of heights.

#### **Assault course**

Great for little kids, big kids and even bigger kids (aka adults) set up your own or find a local course or race.

#### **Auction of promises**

Sell of your skills to the highest bidder!

#### **Arts & Crafts sale**

#### **Afternoon Tea Party**



## B

### **Beard-growing contest**

### **Bag packing in a local supermarket**

We can send t-shirts, buckets and stickers, just ask.

### **Battle of the bands**

## C

### **Car boot sales**

### **Cake sales**

At work, at school or at home bake up a storm and sell your wares.

### **Carol singing**

Let us know and we can send you collection buckets and carol ideas.

### **Car wash**

## D

### **Dodgeball Tournament**

Dodge, Duck, Dip, Dive and Donate your ticket sales to Mencap!

### **Double Denim Day**

Combine it with a Mencap Mullet for extra cash!

## E

### **Egg and Spoon Race**

Fun for kids or as part of a retro sports day for adults.

### **Ebay your unwanted things**

It's easy peasy and Ebay will send your donation straight to Mencap.

## F

### **Facepainting**

Set up a stall at a local event.

### **Film night**

### **Fancy Dress Days**

Chose your theme and pay £2 each to spend a day at work dressed as a pirate or a cartoon character.

### **Fun run**

### **Fashion show**

Strut your stuff in clothes from local designers or one's you've made yourself.

## G

### **Garden Party**

Show off your blooms and invite guests to a party in your own backyard.

### **Golf tournament**

Put your way to fundraising success.

### **Games Night**

## H

### **Halloween Party**

### **Head shave**

Brave the shave for Mencap.

### **Hug your boss day**

Pay to hug them or they can pay you not to hug them!

### **Hoola Hoop Marathon**

Spin for sponsorship.

## I

### **International evening**

### **Inclusive sports day**

Get everyone involved and raise awareness and funds for Mencap.

## **Information Day**

Raise awareness for people with learning disabilities and Mencap and collect donations.

## J

### **Jazz Night**

### **Jumble Sale**

### **Jewellery Sale**

## K

### **Karaoke competition**

### **Keep Fit Marathon**

## L

### **Ladies Night**

### **Live music Night**

### **Lands End to John O'Groats**



**M**

**Masquerade Ball**

**Murder Mystery Evening**

**Mencap Mullet & Moustache**

Dye it pink for extra cash!

**N**

**Non-uniform day**

**Nearly new sale**

**O**

**Odd job day**

Do your neighbours a favour - mow lawns, hang pictures, wash cars etc in return for donations.

**Outdoor film screening**



## P

### **Penny mile**

How far can the coppers in your copper jar stretch? Get together and see if you can get your spare change round a local landmark then donate them.

### **Parachute jump**

## Q

### **Q&A with a local MP or celebrity**

### **Quizzes**

At a community centre, pub or home.

## R

### **Readathon**

How many books can you get through in a month or two?

### **Raffles**

## S

### **Sponsored Silence**

Shhhhh!

### **Sweepstakes**

Strictly, Bake Off or Wimbledon – turn any competition into a sweepstake amongst friends and colleagues.

### **Selfie-a-day**

## T

### **Talent show**

### **Tweet your plans and achievements**

Let us know what you're up to! Tweet us @mencap\_charity using #TeamMencap

## U

### **Utterly brilliant ideas of your own!**

Do what you love to raise money for Mencap.

## V

### **Variety show**

### **Valentines day party**



## W

**Wine & Cheese Night**

**Who's that baby quiz**

**Winter Lido challenge**

Take a chilly dip in an outdoor pool.

## X

**Xmas fair and raffle**

Just in time for people to buy Christmas presents.

**X Marks the spot**

Organise a treasure hunt!

## Y

**Yogathon**

## Z

**Zumbathon**

**Zipslide**

# Contact us

## Mencap events team

Email: [events@mencap.org.uk](mailto:events@mencap.org.uk)

Telephone: 020 7696 6929

## Mencap volunteer team

Email: [volunteering@mencap.org.uk](mailto:volunteering@mencap.org.uk)

Telephone: 020 7696 5543



Mencap Helpline: 0808 808 1111

[www.mencap.org.uk](http://www.mencap.org.uk)



[@mencap\\_charity](https://twitter.com/mencap_charity)



[facebook.com/Mencap](https://facebook.com/Mencap)



[/MencapDirector](https://YouTube/MencapDirector)

Charity number 222377 (England and Wales); SCO41079 (Scotland) 2016.087  
Royal Mencap Society 123 Golden Lane, London, EC1Y 0RT