



YOUR FUNDRAISING FROM HOME PACK

MAKE THE MOST OF YOUR TIME AT HOME BY TRYING OUT SOME OF THESE FUNDRAISING IDEAS FOR MENCAP.

THE MONEY YOU RAISE WILL HELP TRANSFORM THE LIVES OF PEOPLE WITH A LEARNING DISABILITY ACROSS THE UK.

This fundraising pack includes exciting ideas to complete from the comfort of your own home, along with a message from Harry, who has a learning disability.

Your support remains so vital to us. Do something amazing and take a huge step forward towards greater inclusion for people with a learning disability in our society. **Let's do this!**

I'M HARRY AND I'M A MENCAP AMBASSADOR WHO HAS A LEARNING DISABILITY.

We've put together these virtual fundraising ideas, like pub quizzes and bingo for you to have some fun with. Give them a go and you might be surprised at how much fun you have! They're also a great way to raise vital funds so we can support people like me who have a learning disability to live the lives they choose.



It's a tough time for everyone at the moment, but for people with a learning disability who are some of the most vulnerable members of society, they are facing social isolation and chronic loneliness. Whatever happens, we won't give up on our mission of making life better for people with a learning disability. Now more than ever, we need your support to ensure that people with a learning disability are valued equally, listened to and included. Thank you!

YOUR FUNDRAISING FROM HOME IDEAS

Whether you're getting creative in the kitchen, hosting virtual hang-outs with friends and family online or getting fit with Joe Wicks' workouts at home, we've got lots of ideas for how you can raise funds to support people with a learning disability across the UK.

THE BIG EVENT: MENCAP'S MOUNTAIN CHALLENGE

Climb the equivalent number of flights of stairs as a well-known mountain. This can be a personal challenge, a family challenge (great to get the kids involved!) or make it competitive with your housemates. It's a great way for you to improve your fitness, focus your mind and raise some money to make a big difference to the lives of people with a learning disability.

What next?

All you need to do to sign up is visit mencap.org.uk/event/mencap-mountain-challenge, donate £10 and receive your Virtual Mountain Climbing Challenge Pack. Your pack will include the number of flights of stairs for some well known mountains and a handy tracker to get you started!

Then simply set up your [Virgin Money Giving](#) page in support of Mencap and aim to raise a minimum of £50. Share your page with friends and family, on your social media channels and add it to your email signature.



Top Tip: Mix the challenge up by doing some days inside and others outdoors by making sure you've got your fitness tracker ready. Fitbits and other smart watches or fitness apps on your phone are great for keeping an eye on the numbers of flights you're climbing each day.

HOST A VIRTUAL SOCIAL EVENT



Virtual Quiz

You're the Quiz Master. Put together four rounds of questions and invite your friends and family to take part on Zoom by donating £5 to play.



Movie Night

Use Netflix's Party feature and host a movie night for you and your friends, with everyone logging on from their sofa at home and donating the cost of a cinema ticket to your **Virgin Money Giving** page.



Online Tea Party

Why not host a virtual Mencap Big Tea Party and donate the price of your daily coffee to Mencap.

You could run an online baking class, play party games, or have a cuppa and chat through video chat, WhatsApp, or over the phone.



Virtual Carboot Sale

Declutter and donate to Mencap! Virgin Money Giving has teamed up with **Ziffit.com** for you to turn unwanted books, games and DVDs into donations without leaving your home!

It's completely free and Ziffit will collect your stuff from your front door safely. What are you waiting for? It's time for a spring clean!

FUNDRAISE WITH COLLEAGUES



Photography competition

Practice your photography skills and ask friends, family and colleagues to take part. Set a theme for each day and ask everyone to send their entries to you. Share all photos with the group and ask them to vote for their favourite. Ask anyone who enters to donate £5 onto your **Virgin Money Giving** page.



Donate your lunch or commuting money

Ask colleagues to donate the money they would've spent on shop bought lunches or their commute whilst you're all working from home to your **Virgin Money Giving** page.



Who's who?

Ask for baby photos from your friends and send them around in a Word document for everyone to make their guesses in 24 hours. £3 donation to play.



Guess the weight of the cake

Bake a cake, post a photo of it on Teams and charge colleagues £3 per guess of the weight. The winner can win a bake from you once you're back in the office.

PLAY GAMES



Secret Postman

It works exactly like Secret Santa, but instead of presents, everyone receives a letter! Invite friends, family or colleagues to take part by asking them to donate £3 to your **Virgin Money Giving** page and receive a letter from someone else in the group. Visit drawnames.co.uk to set this up.

Taskmaster competition

Assign silly tasks with family, friends and colleagues to complete within 24 hours and share the entries for individuals to vote for their favourite. Donate £5 each for 5 days' worth of tasks.

Examples include:

- Make an advert for a room in your house.
- Write a 30 word story, best story wins.
- Recreate a famous work of art.
- Make an animal with 5 items from your house.

USE YOUR SKILLS

Learn something new!

This is the perfect time to learn a new skill! Find out who has a secret skill by asking your colleagues what their skills are. This could be anything from playing guitar to crocheting. Other friends and family can make a donation of £5 to learn a new skill from their colleague. This is a great way to benefit from your colleagues talents and fundraise at the same time!

Run a class

Teach your friends something new, like online yoga, a language or cooking class. Or you could send recipes by email for a donation.

FUNDRAISE WITH YOUR CHILDREN



Indoor sports day

Host an indoor challenge event for your children. Who can do the most handstands, keepie uppies, or stay silent for the longest? Parents can then donate £5 to Mencap on behalf of the winner.

Chores for cash

Challenge your children to raise money for Mencap by completing tasks like cooking, washing up and tidying their rooms for a donation to Mencap. The more chores they do, the more money will be donated to Mencap.

GET ACTIVE



Choose your challenge

Will you do 100 jumping jacks or press ups a day for a month? Pick your activity and ask friends and family to sponsor you to keep it up! You can factor in rest days too!

Most in a minute

Who can do the most sit ups, kick ups or jumping jacks in a minute? Challenge your friends, family and colleagues and ask for videos as proof!

YOUR FUNDS ARE MAKING A REAL DIFFERENCE

The money you raise will help us support people with a learning disability to live the life they choose:

£100

could provide one week of support for a person with a learning disability who needs extra help in their home.

£200

could pay for a special day out at an activity centre for people with a learning disability, helping to boost their confidence and learn new skills.

£400

could pay for a person with a learning disability to complete a 13 week training course to help them find long term employment.

