

FUNDRAISING IDEAS

1. **Wear red day** - hats, nail varnish, ties or shoes... as long as it's red, anything goes! Turn your workplace red for the day and ask everyone to contribute £1.
2. **Virtual challenge** - get sponsored to cycle the distance to Paris on an exercise bike or walk the Great Wall of China on a treadmill, all without leaving the gym!
3. **Quiz night** - host a fun filled evening for all the family with teams paying to enter and exciting prizes to be won.
4. **Sponsored leg waxing** - it may bring a tear to the eye but will raise lots of money!
5. **Become a red head for the week** – those daring enough can get sponsored to be a redhead for the week. Or for those who aren't so ambitious simply cheat and wear a red wig!



6. **Heart-Tea-Party** – get everyone together and have a big red tea party with red themed snacks and fancy dress!
7. **Karaoke night** - invite colleagues and customers to step up to the mic for a fun filled evening of karaoke. Prizes for the best and the worst singers could be awarded or only red themed songs allowed!
8. **Red raffles** - have a red raffle and secure exciting prizes from local companies and suppliers.
9. **Walk the walk** - get active and enjoy the great British outdoors by organising a sponsored walk.

Top Heart-Tea Party themes

Afternoon tea party, Great British Tea party, Mad Hatter Tea party.

10. **5-a-side footy challenge** - charge team entries and encourage support from family and friends. This heart health focused fundraising idea will be a great team building activity.
11. **Pamper parties** - ask a local beautician to donate their time for free and then offer a manicure in exchange for a donation.

12. **Office Olympics** - colleagues too busy to leave the office? Then bring the Olympics to them with mouse mat discus, longest paperclip chain in a minute and water bottle skittles.
13. **Family fun day** - why not hold a retro sports day with egg and spoon and sack races. You could host a BBQ afterwards and get all the family involved?
14. **Fancy dress** - dress up, dress down or seasonal fancy dress – create some friendly competition with a prize for the best team or individual costume!

TOP FANCY DRESS THEMES

Wear red, Alice in Wonderland, festive, Halloween, 60's

15. **Big red breakfast** - hold a big red breakfast with strawberries and raspberry smoothies and ask for donations to join in.
16. **Sponsored** - spin, shape up, walk, give it up day...
17. **Seasonal fundraising** – guess the number of mini eggs in the jar, a big spring clear out to donate stock to BHF Shops, a summer BBQ, a Halloween themed quiz ...just a few ideas to get you started!
18. **Sweepstakes** - why not organise a sweepstake for a popular sporting event or television programme like the X Factor?
19. **Cake sale** – with heart shaped biscuits or healthier options such as carrot cake.
20. **Your great idea** - let your creativity run wild and develop your own fabulous idea. Whatever you decide to do, please ensure it is safe and legal – take a look at our 'Keeping it safe and legal' section at the back of this pack for more information.

