



# NeuroMuscular Centre

## A-Z of Fundraising Ideas!

### **A**rts & Crafts

If you've got a skill to share, get crafting and sell your goods!

### **C**ake Sale

A timeless classic!

### **E**xercise

An exercise challenge is always a great way to fundraise! You could set your own target and travel any way you choose. o

### **G**ame Raising

Are you into Monopoly, Risk, or Cluedo? Hold a tournament and charge entry, then split the pot between the winner and NMC! Board games not your thing? Hold a game-athon and livestream it.

### **I**'m a Celeb'

Feeling brave? Conquer your fears with your own bushtucker trial challenges!

### **K**araoke

Rent a karaoke machine and hold an event in your local pub. Sell tickets and have a prize for the best (or worst!)

### **B**irthday Bash

If you have a birthday coming up (or any other special occasion) you could ask for donations rather than gifts.

### **D**isco

Get the music pumping and dance the night away, you could charge entry and have a dance off competition!

### **F**ootball Tournament

Get a group together for some football fun and ask for donations.

### **H**ead Shave

Get sponsored to shave your head! If you're not keen on going the whole hog, you could dye your hair a crazy colour instead.

### **J**umble Sale

One person's trash is another one's treasure! Have a clear out and sell your clutter on sites like eBay, Music Magpie, or Ziffit and donate the funds.

### **L**adies Night

A fancy sit down dinner, canapes and cocktails, or an afternoon tea, get your friends together for an evening of food and fun!

## **M**urder Mystery

Whodunnit? Take part in our murder mystery challenge or design your own.

## **O**bstacle Course

There are lots of obstacle courses and inflatable events across the UK, you could sign up and raise funds for NMC!

## **Q**uiz

A quiz is a great way to fundraise! Get your friends and family together and charge a small fee for each team to enter.

## **S**kydive

Fancy throwing yourself out of plane? Do it for NMC! If a skydive is a bit high for you, consider a bungee jump or a zip wire.

## **U**niversity Challenge

Let teams go head-to-head in a battle of wits and brains.

## **W**orld Record Attempt

There are plenty to choose from and it's a great way to get the press involved too!

## **Y**ear of Fundraising

A fundraiser doesn't need to be short and sweet! You could set yourself a challenge across a year or do something little every day.

## **N**on-Uniform Day

Easy peasy! Everyone gives a small donation to wear their own clothes. Don't have a uniform? What about a casual Friday, or even better, a fancy dress day?

## **P**ub Fun Day

Get your local pub involved and put on a fab fun day. You can charge an entry fee and donate the profits.

## **R**affle

Ask for prizes and then sell some tickets! The prizes could always be used for a tombola instead.

## **T**reasure Hunt

Create a treasure hunt with clues and challenges, and charge per entrant.

## **V**ariety Night

Host a variety or talent show and give your friends and family time in the spotlight!

## **X**mas Fayre

With lots of Christmas markets around, you'll be spoilt for choice of where to go! Sell homemade crafts, cakes, or gifts and split the money made with the NMC.

## **Z**umbathon

Dance your way to your fundraising target!