

That thing you do, do it for SIA! The handy guide below has a few ideas of how you can get involved to support SIA, either by yourself, or with family, friends and colleagues. We really do want to help you put the 'fun' in fundraising!

Auctions – Organise some fantastic prizes and encourage people to bid (items can include freebie presents, unwanted items, a day off work or anything else that you can get your hands on).

Auction of Promises – Find some willing volunteers and auction off the service of their talents to the highest bidders (eg. Cooking skills, Photography skills, Gardening skills).

Barbeque – One for the summer. Arrange for a few willing amateur chefs to cook a whole range of food, from traditional to exotic and accept donations. Works well with Cold Beer, Wine Spritzers or Pimms (where allowed).

Battle of the Bands – Either with actual instruments, or for ease of set-up, video game versions. Enter as individuals or as bands. Choose your favourite song and vote for the winner amongst yourselves. Charge an entry fee and award a prize for the sounding and best dressed entrants.

Beard Shaving – One for the men. Get sponsored to shave off your stylish beard, (however if you are too attached, you could always wax your legs instead).

Bike Ride – Either get sponsorship to ride a long distance yourself, or organise a cycle club to give people a leisurely tour around your local routes.

Bingo Night – HOUSE! Charge to take part, organize refreshment and eyes down. Online virtual bingo machines are readily available, but for some real fun, consider hiring one and finding a well-practiced announcer.

Bring and Buy Sale - Encourage people to bring unwanted or unused items and buy others in return

Cake Sales – Bake (or buy) your own cakes, with any number of flavours, themes or designs (although sour colours: red, white and blue are the best), before selling them as a snack

Car Boot Sale – Collect unwanted items from friends or colleagues and sell them to raise funds

Car wash – Recruit an enthusiastic team and wash, dry and polish as many cars as you can

Dog walk – Agree to walk man's best friend (or friends) for a generous fee

Donut Day – Everyone likes donuts, Krispy Kreme offer a discount for bulk purchases, simply leave them somewhere prominent with a collection box

Dress Down Day – Organise a casual day at work and charge for participation (check with HR first).

Easter Egg Hunt – As Easter is approaching, hide eggs around your office, your garden or the park (anywhere really) and charge friends, family or colleagues to go discovering! (Clearly label the eggs to avoid them being randomly eaten)

Fancy Dress Day – Pick a theme, pick a price and watch the madness unfold!

'Video Game Football' Tournament – Create your own Champions League and compete to see who really is the best! Charge to enter, with the winner getting a prize –and bragging rights. (Consider auctioning off the best teams for a price, or having a handicap system for regular players).

Fill it with coins – Present your friends and colleagues with free packets of smarties, toblerone or after eights on the proviso that they return them filled with coins

Garden party – Perfect for Summer Evenings, charge for attendance and provide snacks, music and beverages. Arrange for some people to help with the organization, whilst others simply bring good company and a donation!

Give up a vice – Smoking, Drinking, Gambling, Fast Food, everyone has a vice, get sponsored to give up yours for as long as you can!

Give Up Chocolate! - get sponsored to undertake a self-imposed chocolate-ban. Set a time limit, share your challenge with as many people as possible and see how long you can last!

Guess the.....

Name: works with cuddly toys for kids, or a bottle of booze for adults (pick the name from a list before-hand and then charge for people to pick.

Weight / Height / how many off..... (fill a jar, bake a cake and let the guessing commence)

Baby Photo: canvass your colleagues for a few baby photos (the cuter the better) and then hold a competition with a prize to see who can guess the most right.

Highland Games – For anyone with Celtic Heritage, organise traditional – scaled down – highland classics with prizes for the overall winners. (You can add on sponsorships for wearing kilts, tam-o-shanters and other festive dress)

Ice-cream – Wait for a scorching hot day, pop down to the local shop for cones and tubs of your favourite ice creams, then dispense frozen goodness to grateful colleagues.

Karaoke Night – Either host it in the office, or arrange to visit one of many Karaoke bars (charge an entry fee, then award prizes for best song, best group and best costume)

Murder Mystery Night – Kits available online, all you need is a venue and some amateur detectives. Consider hosting a dinner and setting a theme, charging a set donation to take part.

Paper Air Plane Challenge – Suitable for office blocks or open spaces, charge people to compete to fly their unique design of plane the furthest (Please check with facilities before attempting and remember to recycle plane-wrecks)

Penalty Shoot out – See about either renting or borrowing a portable goal, locate a willing volunteer goalie and host your own tournament. Pick your own countries or favourite clubs to represent, or draw them out of a hat for extra fun. Charge an entrance fee, find a prize, and hope your luck is better than England's!

Pub Games – Darts, Pool, Snooker, Card, Dominos – Either find an accommodating local or create your own 'back-yard boozier' with both indoor and outdoor pub classics. Either charge per competition, or simply suggest a fee to take part in the whole evening.

Quiz Night – Download an online quiz package or create your own, charge an entry fee with half going to the winners and half to SIA

Raffles – Similar to auctions, find some generous people to donate prizes then sell tickets around the office, home or school

Scavenger Hunt – Create a theme, find a place, set some devilishly difficult clues, then send teams off on a time-trial to come up with the goods. Charge a fee for entering, have penalties for any missing items and award prizes for the best performers.

Sponsored.....- Silence, book reading, row-a-thon, we will provide you with the forms, simply find something to do (preferably something that you will find a challenge) and persuade people to sponsor you.

Strawberry and cream tea party – Pre-make cream teas, then sell them for donations during the afternoon, just as the post-lunch sugar crash is kicking in.

Squash Tournament – For any avid players, encourage new and existing players to take part for a suggested donation, with prizes being a new racquet, or maybe a few free games from your club

Swear Box – Raise funds whilst stopping the air from turning blue!

Tennis Tournament – Either full size, or a miniature version in an office green space (or break-out room). Preferably with soft balls and paddles if inside.

Theme days/evenings – Settle on a theme, then encourage people to participate, have food, music and costumes, with prices for each.

Tuck shop – Head to your local supermarket or cash and carry, select a few of your favourites, and then sell them off for charity (company or personal macro / bookers / Costco cards make this much easier and cheaper to source).

Unwanted Gift Sale – ideal around Christmas and Birthdays, collect unwanted gifts and sell them off to good homes

Vices - Stoptober and dry January are just the start! Give up booze, cigarettes, takeaways – the more you love it, the more you will get sponsored to stop indulging in it!

Wine Tasting – Arrange a tasteful night of wine, cheese and biscuits. Encourage people who are not regular to wine drinkers to come along and try a few select bottles. Sell tickets and persuade people to bring their own favourites, before trying those of others.

X-treme challenges - anything from a mud run, obstacle course race, dog sledding experience, skydive or bungee jump, SIA have plenty of ways to get the adrenaline flowing.

You only live once - either challenge yourself to do something crazy, or get together with a group of friends, family or colleagues to do something bold. Take part in a challenge event, wax your legs, dress up in drag...whatever it takes to make people laugh, and get them donating! (It helps if you have no shame)!

Zoo-topia! Host a jungle-themed party or event with a fancy dress competition, food and drink. If you really fancy doing something wild, dare colleagues to try some more exotic dishes (kangaroo, ostrich and moose are all available now in supermarkets, and bug ice cream and meal worm protein shakes are very much up and coming)!

We really are here to make sure your events are easy, fun and hassle-free. all you need to be a fantastic fundraiser is a bit of creativity and enthusiasm - we can help with everything else.

If you have any questions, or ideas you want support with, let us know and we will always be very happy to help.

To request a SIA fundraising pack, or ask for anything more specific to make your event a success, either get in touch via the details below or visit:

www.spinal.co.uk/events/ttyd