A-Z of Fundraising Ideas

There are so many ways to fundraise and support Myeloma UK.
Here's our A-Z of suggestions to help inspire you.

A

Afternoon Tea
Who doesn't love tea and cake!

Abstain
Challenge yourself to give up something you love and get sponsored for it. Your phone. Chocolate. Alcohol.

B

Birthday Celebration
Hold a birthday party and ask family and friends to donate to Myeloma UK instead of giving you presents.

C

Coffee Morning
Holding a coffee morning is a fabrewlous way to catch up with friends, family or colleagues.

Company Partnership
Nominate Myeloma UK as your employer's charity of the year or as a charity partner.

D

Dress Down Day
Ask your employer or school headteacher to let everyone wear casual clothes in exchange for a donation. Go orange to make it Myeloma UK themed.

E

eBay Sales
Get hold of your unwanted items and list them on eBay or Vinted. You might raise more than you ever expected.

F

Fancy Dress Day
At school or work try and get everyone involved and make a small donation for doing so. Or, if you're feeling brave, get sponsored to dress up as something funny and go out completing your daily tasks.

G

Golf Tournament
Ask your golf club about hosting a golf tournament. Charge an entrance fee and ask local businesses to sponsor the holes.

H

Head Shave
Show solidarity with someone undergoing treatment and get sponsored to shave your hair off.

I

International Food Party
Invite your family and friends to a dinner party with an international theme.

J

Jumble Sale
Hold a jumble sale in aid of Myeloma UK. Ask your friends, family and local community for donations of things to sell on the day.

K

Karaoke Night
At home or a local venue, ask people to give a donation to sing their favourite songs. Or give a gift to keep them quiet!

Myeloma UK
22 Logie Mill, Beaverbank Business Park,
Edinburgh EH7 4HG

Registered Charity No: SC026116

L – Ladies' Night (or Day)

Get your female friends together and throw a ladies' day (or evening). The first challenge will be getting a date in the diary.

M – Miles for Myeloma

Set yourself a challenge to cover a set distance. Then, get walking, running, cycling, swimming or rowing to cover that distance.

N – Night In

Invite family and friends over for a night in. Have a movie night with snacks, your own mini spa evening, or have a crafting party. There are loads of options!

O – Obstacle race

Sign up to take part in an organised obstacle race like a Wolf Run, Tough Mudder or Spartan Race.

P – Pamper Party

Invite friends over for an evening of indulgence and relaxation. Whack on the face masks, get the nail polish on and watch a movie.

Q – Quiz night

Host a quiz at your workplace, local pub or another venue. Ask your employer and local businesses to donate prizes.

R – Raffle

Collect fab raffle prizes from your local contacts, shops, companies etc and organise a raffle.

S – Skydive

Imagine jumping out of a plane at 10,000 feet and enjoying incredible views as you glide back to earth with your instructor.

T – Three Peaks Challenge

Lace up your hiking boots and climb the three tallest peaks in the UK – Snowdon, Scafell Pike and Ben Nevis.

U – Ultra Marathon

A marathon not enough? Keep going and make it an ultra marathon for the ultimate challenge!

V – Video game marathon

Hold a 24-hour (or longer!) video gaming marathon with your friends. Stream your efforts to promote it and raise more money.

W – Wedding Celebration

To celebrate you tying the knot, ask guests to give a donation to Myeloma UK instead of a gift for you and your partner.

X – Xmas Craft Sale

Sell your festive artistic creations at Christmas Fayres and donate the proceeds to Myeloma UK.

Y – Yoga

Organise a marathon long class or try to keep your favourite yoga pose for as long as you can.

Z – Zip Wire

Glide through the air on a zip wire.

If you're feeling inspired then we'd love to hear from you!

Sign up today and get your free fundraising pack at: **myeloma.org.uk/fundraisingpack**

Or contact the fundraising team at **0131 230 0429** or **fundraising@myeloma.org.uk**