

# A-Z of fundraising

Whether you love getting active or prefer having a cuppa and cake, we hope you enjoy fundraising for MS-UK.

Here are some ideas to help you plan your challenge...

**A**

Auction, abseiling, aerobics, afternoon tea

**B**

Bungee jumping, bucket collection, baked bean bath

**C**

Car boot sale, curry night, cake sale, car wash

**D**

Disco, dress down day, dog walking, dye your hair

**E**

Egg and spoon race, eighties night, eBay sale

**F**

Fancy dress, football tournament, face painting, fun run

**G**

Gaming, Golf day, garden party, guessing game, girls night

**H**

Head shave, half marathon, hiking, halloween party

**I**

Ice cream shop, inside out clothes day, It's a Knockout

**J**

Jumble sale, JustGiving page, jewellery sale

**K**

Karaoke night, knit-a-thon

**L**

Line dancing, lawn mowing, Lottery

**O**

Open mic night, obstacle course, office olympics

**R**

Race night, raffle, racing, read-a-thon, raft race, running

**U**

University Challenge, ugly jumper day

**X**

X Factor competition, Xbox challenge

**M**

Marathon, movie night, masked ball, murder mystery night

**P**

Pet sitting, poker night, pamper party, parachute jump

**S**

Sponsored silence, silent disco, skydiving

**V**

Variety show, village fete, virtual challenge

**Y**

Yoga-thon, yodelling competition

**N**

Non-uniform day, New Year's Eve party

**Q**

Quiz night, Question of Sport

**T**

Tuck shop, talent show, trekking, tombola

**W**

Waxing, world record attempt, walk-a-thon

**Z**

Zumba-thon, Zip wire

