



FUNDRAISING TIPS A TO Z OF FUNDRAISING



Parkinson's NSW

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A

Amazing Feats

Hold a competition with your friends/family/co-workers to see who has the more amazing (bizarre) party trick, stunt, etc.

Arts & Crafts

Use your artistic talent for a good cause, organise a craft event or donate a % of your proceeds.

Auction

Do something positive with those unwanted gifts, clear out the cupboards and sell/auction them.

B

BBQ

A great Aussie Tradition. Good friends and great food, what better way to support your favourite charity!

Bingo

Get together with friends and family and have a bingo afternoon. Have a raffle with donated prizes.

Bowls/Bocce Day

Organise a Bowls Day at your nearest club, or even play bocce at a local park. It's not only lots of fun but really great for office team building.

C

Car Washing

Grab some willing friends and get washing for a good cause.

Catch of the Day

For all you fishing fanatics out there, run a fishing day and/or competition to see who can get the “Catch of the day”.

Celebrate

Celebrate your next special occasion or milestone by getting people to donate the gift of money to Parkinson’s NSW in lieu of gifts.

Chocolate Ban

Get sponsored for every day/week/month you can go without chocolate/sweets!

Coffee morning

Charge for coffee and home-made cakes and why not ask people to bring a paperback to be sold to a fellow coffee drinker for \$1.00.

Colour Day “Wear to Care”

Get everyone at your work/school to all dress in blue, white, purple – the colours of Parkinson’s NSW. Or you could even set up a blue, white or purple themed morning tea.

Cycling event

Organise your own or join in an organised one and make sure you get sponsored!

D

Dinner

Have a dinner party for friends and invite donations for Parkinson’s NSW.

Dog walk

Grab your favourite pooch and get some exercise while raising money at the same time.

Donate an hour’s salary

Enough said!

Dress up day

Forget dressing down, show off your glad rags or even have fun with fancy dress.

Drop those Pounds

Need a little bit of extra motivation to lose that extra pound or two? Why not do it for a good cause?

Dry Month

Get your friends/family to sponsor you to give up alcohol for a month.

E

Every coin counts

Collect silver or gold coins at your workplace and ask customers, suppliers or friends and family to do the same.

Expeditions

Great or small, to the mountains or the local watering hole, group expeditions can be sponsored, ticketed and team building events.

F

Face Paint

Get sponsored to go to work or school with your face painted in blue, white and purple for the day.

Family Fair

Get the families together from around the neighbourhood and sell tickets to play different games. Throw darts at balloons, have a sack race, or make up your own games.

Fashion Parade

Why not grab a few friends and put on your own fashion show!

Foundation Idol

Inspired by the popular “Australian Idol”, why not run a singing competition to find your top school/work Idol.

Footy Match

Hold a tribute match, gold coin collection or sausage sizzle at your local club.

Fun Run

Organise your own or find a locally organised event – you could even try it three-legged.

G

Games Day

Have a day of games and fun with family and friends.

Garage Sale

Sell all of your unused household items and donate a portion or all of the proceeds to Parkinson’s NSW.

Gifts

For those friends and family who have everything, a donation to Parkinson’s NSW in place of gifts is a great idea.

Golf tournaments

Test your techniques on the green.

Guess the weight/number

Of the cake, the teddy, the jar of sweets or coins – anything!

H

Home alone

Bid among your department for the prize of an extra day off work.

I

Inter-family sports

Tennis, football or squash – anything as long as it gets you moving!

Ironman Competition

Sweat it out in an organised ironman event

J

Jack it out in January, June or Lent

Give up smoking, drinking, chocolate, anything and donate the money you would have spent to Parkinson's NSW.

Jail break

Dress up and be sponsored per kilometre to get as far away from a set point as possible.

K

Karaoke

A chance to share your singing skills, pay for a song or pay for any exemption ticket.

Kite flying

Enjoy a picnic day with the family and bring your kite; charge a fee for entering the competition and see who can keep their kite airborne the longest.

L

Lotteries

The prizes may be lower but the chances of winning have got to be higher: set up your own company lottery.

Lolly Stall

Make some yummy treats and sell them around your local neighbourhood.

M

Marathons

Whether in Australia or abroad there are lots of great sporting events on all throughout the year, where you can sweat it out for Parkinson's NSW.

Masked ball

Christmas, Valentine's Day, Winter, Summer or Halloween, or any reason. Hold a masked ball or dinner.

Meals on Heels

Sell sweets or baked treats around the office. If colleagues can't come to you, why not walk around the office and go to them? Sweets at your desk = perfect!

Music Event/Concert

Got your own band, play an instrument or enjoy singing? Why not put on a concert or music recital?

N

Night at the Movies

Have friends/family over for a movie night. Sell tickets and concessions to make it as authentic as possible!

No coffee/tea day

Staff members pay \$1 per contravention, or up the stakes with no chocolate, no smoking or no personal calls.

O

One day fast

Be sponsored to go without food for a day and donate the money you would have spent on food to Parkinson's NSW.

Opportunity Knocks

Knock on the doors of your friends in the neighbourhood and ask for donations to help support Parkinson's NSW.

P

Pancakes for Parkinson's

Why not cook Pancakes and sell them at the local shops, school or your workplace.

Parkinson's NSW Support Group

Join one of the 65 we have all around NSW. Or, if there isn't one in your area, why not set up one yourself? Visit www.parkinsonsnsw.org.au to find out more.

Plant sale

Perfect for people with green fingers.

Putting around the office

Use lunch to hold a golf competition for a chance to win prizes

Q

Quiz night

Test teams of your colleagues' knowledge, or perhaps persuade your local pub to help by donating the takings from a regular quiz night.

Quick for the Cure

Have a friendly office/family competition to see who can raise the most for Parkinson's NSW in the shortest amount of time. A week, a day, your Lunch Hour!

R

Raffle

A traditional fundraising favourite.

Regular giving

This can be done monthly, quarterly or half yearly by contacting Parkinson's NSW; we can arrange to deduct your donation from your credit card or by Direct Debit.

S

Skip lunch

And donate your money, or for those who just can't miss lunch, eat anyhow and donate the equivalent.

Spray your hair

Get sponsored to go to work or school with your hair sprayed in blue, white and purple!

Skydiving

Take fundraising to the extreme! Grab a few friends and get sponsored to do a sky dive.

Swear box

Any slip of the tongue = a coin in the box.

Swim

Take part in an organised swim marathon like the Cole Classic, or even organise your own.

T

Ten pin bowling

Test your skill in a sponsored bowl – you could even try it blindfolded.

Treasure hunt

Write the clues to a treasure hunt by car, push bike or on foot. Be creative with the location and the prize at the end!

Triathlon

Take part in a triathlon like the BRW Mini Triathlon, and get all your family/friends to sponsor you.

Trivia night

You get the idea.

U

Ugly duckling competition

Bring in a couple of snaps of yourself from 20 years ago and hold a photo competition.

Unsolicited donations

All donations are gratefully received!

V

Victory donation

When your team wins or your office makes target, celebrate with a donation to your favourite cause.

Visit to the vineyards

Organise a bus trip and add a little extra charge for Parkinson's NSW.

W

Walk for a Cure

Grab a few friends and head off on a trek somewhere exciting.

Wax it all off

Go the whole hog and remove all your body hair.

White water rafting

Join a team and ride the rapids.

Workout a cure

Get fit while supporting a great cause at the same time.

Wine tasting

What a good excuse. Invite a local wine merchant in and charge people an entry fee.

X

Xmas party

Be daring or dull, just make it festive!

Y

Yacht/Boating Challenge

Make a day/week of it or race it out with all your sailing buddies.

Yearly Collection

Keep a collection box at your home or office for the whole year and encourage family, friends, customers and colleagues to contribute to it. You can even set a target and keep a running total.

Your own idea

They're often the best.

Z

Zany Day

Dress Ups, Weird Food, Crazy Hair. There is not limit to the zany things you could do on a Zany day!

Zodiac Party

Are star signs your thing? Get your friends/family/colleagues to donate a gold coin to find out their astrology reading.