

Fundraising is a fantastic way to support the work of CRPS Network Australia and to really make a difference in the lives of Australians living with CRPS. CRPS Network Australia supports Australian CRPS research, creates awareness of CRPS & prevention techniques and supports Australians living with CRPS and those close to them.

There are so many different ways for you to get involved in fundraising. The only limit is your imagination!

### A

- Abseil** get a group of people to abseil down a local building in aid of your cause. You are likely to get press coverage for this type of fundraising event too.
- Aerobic-athon** break out the leotard and the Jane Fonda video and get physical. Get sponsored for every five minutes of aerobics you can manage.
- Afternoon tea** put the kettle on and get baking. Entertain guests with raffles, auctions, music and guess the lollies in the jar games.
- Arm wrestling competition** charge your mates - or challenge the local sports team to arm wrestle one another. Probably best tried at your local pub. You could even make a snazzy badge or medal for the winner!
- Arts or crafts stall** let your imagination go wild—try making greeting cards, scarves or jewellery to sell.
- Auction** get goods donated and hold an auction.

### B

- Bake sale** throw a bake sale or organise a tea party.
- Band night** get a local band or two to play and charge people an entry fee.
- Barbeque** there's nothing more Aussie than a barbie with mates, Charge neighbours, friends and family a small fee to attend your barbeque. If you get them all to bring a bottle or some nibbles, costs should be kept down.
- Beard or Mo shave** get sponsored to get rid of that facial hair!
- Bike-A-Thon** get sponsored to see how long you can ride an exercise bike (allow a 5 minute break every hour)
- Bingo night** an oldie but a goodie. Dress up nights like 'Bogan Bingo' gives it a great fun twist!
- Birthday Party** throw a party to celebrate your birthday and ask your loved ones to make a donation instead of giving gifts!
- Board Game night** invite your friends over for a game showdown where each person pays to play.
- Book Club** start a book club and charge a membership fee.
- Book sale** collect old books from everyone you know and sell them.
- Brain-teasers** get those brains fired up with a 'solve this riddle' night.



## C

- Cake Sale** let the Jamie Oliver in you loose. Get baking and sell cakes on to your mates, work colleagues or random strangers.
- Car wash** get your friends together and have a fun day washing cars.
- Casino night** old a card or games night.
- Caption competition** choose a funny photo and get people to pay an entry fee to submit a caption.
- Casual dress day** ask people at your work or school to pay to dress casual for a day.
- Challenge yourself** have you always wanted to run a marathon, do a trek or conquer a 10km? Challenge yourself and get your family and friends to sponsor you! Make it even more fun by doing the challenge with a friend.
- Cheese and wine party** why go out when you can host your own fancy party at home for a good cause!
- Coffee morning** bake some cakes, bring out the coffee and they will come. Remember to charge them for the privilege.
- Coin trail** get a school or club to see what distance they can cover with gold coins.
- Cold turkey** be sponsored to 'give up' something e.g. talking, driving, Facebook, television.
- Collection boxes** great for the workplace, receptions or workshops.
- Competitions** be creative with fun competitions in the home, office or workshop e.g. who can throw a gold coin closest to the prize.
- Crafts** if you have a talent, make something and sell it to others e.g. hand bags, necklaces, etc.
- Cricket Match** organise enough people to make up two teams and get them to pay a small amount to take part. Organise a collection for the spectators.



## D

- Dinner party** ask your friends/family to come around for dinner and charge \$20 p/head.
- Dinner dance** charge \$30 for tickets, and make more money by running a bar.
- Dance off** barn dances, tea dances, disco dances, salsa dances whatever you like, raise funds to see who will last the longest on the dance floor.
- Dog walking** get some exercise while raising money at the same time, offer your services to neighbours and charge per dog.
- Donate a day's pay** get together with all of your workmates and donate a day's pay!
- Dollar for dollar** ask your boss to match what you raise.
- Dress up Day** nothing makes work or school more fun than wearing a superman costume! Choose a theme like childhood hero, dream job or Hollywood superstar.
- Drawing competition** let the artist in you come out, charge an entry fee for all artists.



## E

- Exhibitions** display your art, crafts and or other interests and charge an admission fee.
- Egg and spoon race** kids party classic not just for kids! Charge participants to race and the winner takes the eggs!
- End of day nibbles** put on a spread for your friends or work colleagues and ask for a donation to enjoy the treats.
- Eyebrow shave** you have got to be brave for this one but they do grow back ... eventually!

## F

- Face painting** get creative with face painting, charge a fee per face.
- Fashion show** strut your creations down a catwalk and even auction them off at the end!
- Fancy dress** get everyone to dress up in fancy dress, award prizes and collect donations.
- Film night** pick your favourite movies, whack on the popcorn and charge a small amount for the screening.
- Fun run** join in a fun run and ask your friends to sponsor you.



## G

- Games afternoon** get your friends together for an afternoon of board games, egg and spoon races, or wheelbarrow races... use your imagination.
- Garage sales** use your garage, shed or car boot to display your wares.
- Garden party** a little high tea in your own backyard, charge guests for your fine cooking skills. Whip up some cucumber sandwiches, dust off the picnic tables and crack open some Pimms. Charge a small entrance fee and organise a collection during the fundraising event.
- Guess the baby** have your friends or colleagues bring in baby photos and have a guess at who each baby is.
- Guessing game** guess the weight of a new born baby, 'How many lollies in a jar?' etc.
- Give up a treat or a habit** get sponsored to give up a habit for a set period, it could be giving up on biting your nails for a week or giving up that daily coffee shot!

## H

- Head shave** get sponsored to shave or colour your hair.
- Hula hoops** get sponsored for every minute you can keep that hoop twisting! Make it a family affair!
- High tea** host a high tea and charge guests to sample those yummy treats.
- Hire services** hire out what you do best: mow lawns, handy man, massage or even accounts

## I

- Ice-cream sale** make or buy ice-cream in bulk and sell them on a hot summer's day.
- In lieu** in place of a gift for any special occasion ask friends and family to donate money for a birthday, christening, Christmas etc.
- It's a Knockout** revive this iconic 80's game show inviting teams to compete in silly obstacle courses (add in silly 80's costumes for more of a laugh!)
- Italian evening** invite your friends to be Italian for an evening with pizza, pasta and gelato for a good cause.

## J

**Jewellery making** get creative and sell your wares, particularly good at Christmas time.

**Juice stand** make some fresh, natural juices and sell for a gold coin donation at work.

**Jigsaw marathon** get some willing people around and ask them to donate a small amount to be part of the jigsaw marathon. Each person has a jigsaw and is timed to see how long it takes to complete. After the first has been completed, it is a race to the finish. The winner is the quickest to complete all of the jigsaws.

**Joke challenge** get friends or strangers to pay you for every time you make them laugh with your best jokes.

## K

**Karaoke night** hold a night where people can sing along to all their favourite songs.

**Kilometre challenge** get sponsored per kilometre you run, walk, skip or hop!

## L

**Lawn mowing** use your lawn mowing skills and let your friends and family know. Charge a fee for your services and make sure you explain where the money raised will be donated to inspire people to support you

**Lemonade Stand** use this classic fundraising event at school or work or even in your street to raise funds.

**Limbo Competition** charge an entry fee and then see how low everyone can go!

**Luck of the Draw** hold a raffle or lucky dip

**Luncheon** invite everyone in your workplace, school or friends and family to a grand lunch. Make healthy sandwiches and nibbles.

**Looooong lunch** get your work mates to pay for an extra-long lunch break (give them an additional minute for every \$10 they donate)!

**Lucky Numbers** pick your lucky number from a grid of 50, \$20 per number, to win a share of \$500

## LUCKY NUMBERS

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

**Here's your chance to win a share of \$500**

\$20 to play – Pick your Lucky Number – Once the board is full we will pick the winner

1 x \$300 prize for the Winning Number

2 x \$100 prizes for the Numbers either side of the Winning Number

## M

**Masquerade ball** this would take a lot of organising but could be a very special event, black-tie glam and charge by the table to attend.

**Melbourne Cup Day** hold a lunch, charge per head and give prizes for best hat or best dressed.

**Morning tea** get your friends and family together for a cuppa and some treats.

**Movie Night** speak nicely to your local cinema manager and ask if you can rent out a screen - or even if they will donate one to your worthy cause. Charge your friends and family an admission to watch the newest blockbuster.

**Mini marathon** get sponsored to run a 5km course (your backyard or local park even).

**Magic show** put together your best tricks and charge to perform at local parties or a one time performance.

**Mufti day** charge a gold coin for classmates or work mates to come dressed in casual clothes.

## N

- Name that song** set your music to shuffle and have teams guess the song. The team who names the most correctly wins!
- New year's resolutions** get sponsored to stick to your new year's resolutions (how long can you last)?

## O

- Ocean swim** get sponsored to take part in a swimming challenge!
- Odd jobs** charge a fee to do handyman odd jobs around your local area.
- Office charity day collection** stick a pot on your desk with notices telling people what you're raising money for and remind your colleagues that it's for a good cause.
- Old is gold** choose an era from the olden days and host a fancy dress party, theme the party around this era too.
- Olympics** great for schools and offices! Hold your own mini Olympics and people can pay to play!
- Open garden** green thumbs can invite people to visit their garden and charge an admission fee, maybe sell some plants as well

## P

- Pancake bake** have a pancake bake off to see who truly makes the best! Everyone loves pancakes, right? Hold a Shrove Tuesday party for all your family and friends (charge them for each pancake). Serve unlimited pancakes and hold a pancake-tossing competition.
- Plant sale** requires forward planning—buy a packet of seeds, vegetables or pretty flowers and plant them. When they're looking impressive, set up a stall and sell the plants.
- Play DJ** throw a party and get people to pay for the privilege of playing music from their iPod.
- Photo competition** get kids and adults to showcase their photography skills.
- P&C morning tea** get the Mums and Dads at your school to organise a fundraiser morning tea.



## Q

- Quiz night** who doesn't love a little trivia!
- Queen for a day** gather a group of friends together and put all of your names in a hat (for an entry fee). Pick one lucky person to be Queen for a day – and for that day she must not lift a finger and you must wait on her hand and foot!

## R

- Races night** run a races night and have a bet for charity and a fashion show on the field for best dressed!
- Raffle** ask local businesses to donate prizes and run your own raffle.
- Retail therapy** ask people to sacrifice three items from their weekly shop and donate the funds instead.
- Recipe book** ask your family/friends/colleagues to supply their favourite recipes and collate them into a book to sell (a digital recipe book would cost even less).
- Running** get fit and fundraise at the same time – ask people to sponsor you for the race or per kilometre you run!

## S

- Skydive** take the leap and have your friends and family sponsor you!
- Slave for a day** sell a high profile person, or be a slave for a day yourself for a price. give them tasks for a day e.g. at the local cafe, answering telephones, coffee runs.
- Silent for a cause** stay silent for as long as you can, get sponsored for every minute.
- Silly Hat day** have a competition to see who can come up with the silliest hat.
- Speed dating** play cupid while organising a matchmaking event.
- Sports days** golf tournament, tennis round robin, bowls day, darts night.
- Swear jar** stick a swear jar in your office, club rooms or home for any 'slips of the tongue.'
- Swim-athon** get sponsored per lap.

## T

- Talent quest** are you the next superstar singer, dancer, magician? Get your friends together and ask them to prepare and perform an act to show off your skills!
- Tea-party** charge your friends to attend and go all-out with the fairy-cakes and cucumber sandwiches. Very civilised.
- Theme days /evenings** There are loads of possibilities. Why not have an Indian night (curry, bollywood movies...). Or you could hold a '70s night or a Sex and the City evening. Charge people to take part.
- Trivia night** a great social gathering with facts and figures, can be small and intimate or as big as the usual Quiz Night, selling a room full of tables.
- Treasure hunt** place prizes around your home or park and charge an admission to play.
- Trek** strap on your shoes and get walking with your friends.
- Triathlon** find a local event and get sponsored to take part.
- Tug-of-war** teams pay to enter, with the hope of winning prizes. Teachers vs. students, boys vs. girls, or one town vs. another could be fun.
- Twister-a-thon** get sponsored to play an all-day game of Twister with your mates. People will donate more if you're doing it in a public place—your embarrassment is always worth a donation.



## U

- Ugly duckling** encourage people to get a little silly and show you their best ugly face to win! Have people pay to enter photos of themselves making their most hideous ugly face.
- University challenge** get together with your old uni friends—and put together a challenge or series of challenges!
- Unusual outfit day** find your craziest ensemble and rock it for a day!
- Unwanted gifts** join forces with neighbours and arrange a sale of unwanted gifts.

## V

**Valentines Day event** host a Valentines Day party or make a donation for your valentine in place of a gift.

**Victory win** when your sporting team wins the grand final or your office makes targets celebrate by collecting donations!

**Virtual challenge** walk, run, swim or row the equivalent distance of a marathon or trek without leaving the gym!

## W

**Walk it out** get a group together and take on a walk, or organise a weekly walking meet for charity.

**Water fight** what's more fun on a summer's day then getting your water balloon game on! Sell balloons to throw at each other!

**Waxing boys** get your sports team involved and get sponsored to wax your legs or chest.

**Work a day in someone else's shoes** have an office auction for the different jobs around the office! How much would your CEO will pay for a different job for the day!

## X

**X-factor** host a talent show and see who has the real x-factor, charge entrant fees.

**X marks the spot** arrange a treasure hunt.

**Xmas party** get out the mistletoe for a big Christmas party, or sell home-made gifts at a Christmas fair

## Y

**Yacht race** get out on the water for a day or make your own paper yachts to sail!

**Yoga marathon** get sponsored to do yoga for a day. Or organise a large group Yoga session charging people to participate.

**Yoyo competition** pay to enter with small prizes for duration and tricks.



## Z

**Zany dress day** charge a fee for friends or work colleagues to wear crazy clothes or hats for the day. Why not encourage everyone to come dressed as celebrities, animals, in their team colours or in all the colours of a Rubik's cube?

**Zodiac evening** invite a guest astrologer for a star-studded fundraiser. Charge for entry and horoscopes.

**Zumbathon** get together with family and friends and Zumba all day or night for charity.