



Elusen Iechyd Powys  
Powys Health Charity



**A-Z**

# **OF FUNDRAISING ACTIVITIES**

**Powys Health Charity Fundraising Pack**

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**A**

- **abseil:** reach new heights with an abseiling challenge
- **afternoon tea:** hold an elegant afternoon tea with friends or family
- **apple pressing:** raise money through selling your apple juice
- **art exhibition:** showcase local artists and raise money through an entry fee
- **auction:** encourage local businesses to donate items to be auctioned off

**B**

- **bake sale:** get your local community baking to sell some delicious treats
- **bbq:** fire up the grill for a charity BBQ day with friends or neighbours
- **bingo:** who will be the first to check off all their numbers at a bingo night?
- **birthday giving:** ask your loved ones to donate instead of buying you gifts
- **book sale:** raise money through your community selling unwanted books

**C**

- **car wash:** help shine up local cars in a community car wash event
- **cocktail night:** mix up your favourite drinks in a charity cocktail evening
- **coffee morning:** get together and enjoy a cuppa while raising money
- **crafts:** turn your hobbies into a fundraising activity and get crafting
- **cycling:** get sponsored to hop on your bike for a charity cycle

**D**

- **dance-a-thon:** see who can last the longest on the dancefloor
- **darts contest:** take aim to see who lands the bullseye in a round of darts
- **dinner party:** pick a theme and host your own charity dinner party
- **dog show:** let those pups strut their stuff to see who is voted the winner
- **drawing contest:** challenge people to show off their drawing skills

**E**

- **eBay:** sell any unwanted items you have lying around on eBay
- **egg painting contest:** get creative to see who can paint the best egg

- **Etsy:** use your crafting skills to sell your awesome creations on Etsy
- **exercise marathon:** hold a day long event to see who can go the distance
- **Eurovision party:** everyone can represent a different country at this party

## F

- **Facebook fundraising:** use Facebook fundraising tools on your social media posts
- **fancy dress day:** hold a fancy dress day at school or work for a donation
- **fashion show:** rock your best outfits in a local charity fashion show
- **film night:** host your own film night, you can even get creative with themes
- **football match:** see who will score the winning goals in a charity game

## G

- **games night:** get competitive in a board games or video games night
- **give something up:** get sponsored giving up something you love
- **golf day:** get outside and take to the green in a charity golf day event
- **grow a beard:** let it all grow out while raising money for charity
- **guess how many:** challenge people to guess how many items are in a jar

## H

- **Harry Potter party:** discover Hogwarts with your own Harry Potter party
- **head shave:** shave all your hair off for some sponsorship money
- **hiking:** take a sponsored hike and see how long you can trek for
- **horse riding:** take a sponsored horse ride, and see how far or how long you can ride
- **hour of earnings:** challenge your colleagues to donate an hour of their pay

## I

- **ice cream tasting:** discover all the different flavours in a tasting event
- **improv night:** let your community flex their skills at an improv night
- **international food party:** ask everyone to bring a dish from a specific cuisine

- **iron man challenge:** hold an iron man event and see who can tough it out
- **It's a Knockout:** have some fun with an It's a Knockout event

## J

- **jam making:** try your hand at making some jam at home to sell
- **jazz night:** take in some smooth tunes at your own jazz night event
- **jigsaw puzzle marathon:** see who can complete the most puzzles fastest
- **joke-a-thon:** crack out your best jokes to exchange laughs for donations
- **jumble sale:** see what old or unwanted items you have lying around to sell

## K

- **karaoke:** find out who's got the chops to be the best at karaoke
- **kayaking:** take to the water to see who wins a charity kayak race
- **keepy uppy contest:** who will keep the ball up in the air the longest?
- **kick a habit:** challenge yourself to break a bad habit while raising money
- **knitting:** use your knitting skills to create some items to sell

## L

- **Lambing:** pay to sponsor and name a lamb
- **learn a new skill:** get sponsored to learn a useful new skill
- **lego contest:** see who can build the most impressive lego creation
- **livestream:** host an online gaming, cooking, fitness, or crafting livestream
- **loose change collection:** ask people to donate any loose change they have

## M

- **makeover:** ask people to donate skills for hairdressing, manicures, etc.
- **mobile free day:** challenge everyone to go without phones for a full day
- **mountain climb:** rise to the top with a mountain climb challenge
- **murder mystery party:** find out who done it at a murder mystery night
- **music concert:** hold your own local music event or battle of the bands

**N**

- **nail art:** raise money through creating beautiful nail art on people
- **name the [blank] contest:** challenge people to name the song or movie
- **needlework sale:** create some impressive needlework you can sell
- **netball tournament:** take to the court for charity netball matches
- **nighttime walk:** get sponsored to walk alone or with friends all night long

**O**

- **obstacle course:** see who can complete the obstacle course fastest
- **onion chopping challenge:** who can go the longest without shedding tears?
- **open mic night:** let anyone take to the stage in an open mic event
- **original recipe contest:** bring out your best recipes to be crowned winner
- **outdoor theatre:** hold an outdoor theatre show with entry fee

**P**

- **penalty shootout:** step up to the line for a penalty shootout tournament
- **plank / press up challenge:** see who has the strength to hold out the longest
- **poetry day:** get lyrical and share your poems in front of an audience
- **painting:** hold a landscape painting party selling the paintings when finished
- **pot luck event:** everyone brings a dish to contribute to the pot luck

**Q**

- **quad bike racing:** get the adrenaline pumping in a quad bike race
- **quickest time contests:** see who can complete a task the fastest
- **quiet hour:** challenge people to stay quiet for an hour, donate for every noise
- **quintessentially British party:** tea, scones, and everything British

- **quiz night:** test everyone's knowledge with a quiz night to raise money for charity

## R

- **read-a-thon:** challenge people to get reading for charity
- **roaring twenties party:** host a decadent theme party for your friends
- **rock climbing:** see who can reach the top in a rock climbing challenge
- **run:** test out your endurance by challenging yourself to do a sponsored charity run
- **raffle:** hold a raffle amongst friends and family

## S

- **sky dive:** take to the skies and get sponsored for a charity sky dive
- **sheering:** hold a sponsored sheep sheering competition
- **street party:** all your neighbours can get involved with a local street party
- **superhero party:** dress up as the person you consider your superhero
- **short story contest:** hold a contest to find the best short stories

## T

- **table tennis tournament:** see who edges out the competition at table tennis
- **talent contest:** give everyone the chance to show off their best talents
- **teddy bear picnic:** host a teddy bear picnic for families to enjoy
- **tombola:** run a local tombola with fun prizes to help raise money for charity
- **treasure hunt:** put together a treasure hunt around your town

## U

- **ultimate frisbee:** take to your local park for an ultimate frisbee competition
- **uniform free day:** skip the uniform for a day in return for a small donation
- **University Challenge:** host your own University Challenge style event
- **unplug from tech:** get sponsored to completely switch off from tech for a day

- **upcycling:** transform old items into something new that you can then sell

## V

- **variety show:** hold a local variety show and enjoy an evening of entertainment
- **vegetable growing:** see what vegetables you can grow and sell
- **video game competition:** discover who's the best when it comes to gaming
- **village fete:** organise a village fete to help raise money
- **vintage sale:** rummage through your closets to find vintage looks to sell

## W

- **wear odd socks:** encourage people to wear odd socks for the day
- **wedding gifts:** instead of gifts, you can ask for donations to charity
- **window cleaning:** offer to clean neighbourhood windows for a donation
- **walking:** arrange a sponsored walk with friends and family
- **world record attempt:** challenge people to try and break a world record

## X, Y, Z

- **X Factor competition:** host your own X Factor style singing contest
- **yoga marathon:** release the tension and stretch out your body for longer
- **yo-yo contest:** crack out your best yo-yo skills in a competition
- **zero waste day:** challenge yourself to go fully zero waste for a week
- **zip wire:** soar through the sky as you take on a zip wire challenge

If you are planning on fundraising for Powys Health Charity,  
please contact the team, [PTHB.charity@wales.nhs.uk](mailto:PTHB.charity@wales.nhs.uk)