



# MESOTHELIOMA UK

Supporting People With This Asbestos Cancer

## A-Z of Fundraising Ideas

- A** Abseil; Auction a promise; Autumn ball; 'All day event' - assault course challenge, Squash, Tennis or Bridge; Afternoon tea party; Arts & crafts stall

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- B** Bring & buy sale; Barbecue; Balloon Race; Barn dance; Bingo; Book sale; Basketball tournament

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- C** Cycle race; Coffee morning; Car boot sale; Cake sale; Car washing; Carol concert; 'Come dine with me'; Computer game-a-thon; Camping out; Cinema screening

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- D** Disco; Dog walking; Dinner dance; Darts tournament; Dress down or up day; Duck race

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- E** Enter an event; Easter egg hunt; Egg and spoon Race; 'Egg painting' involve the kids; Eating competition

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- F** Fancy dress party; Fashion show; Football tournament; Five-a-side football competition; Fun-run; 'Fast' for a day; Face painting competition

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- G** Give it up for lent/a day/a week/a month; Garden party; Golf day; Guess the name of the cuddly toy; Grow the largest flower/vegetable competition; Games night

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- H** Hula hoop challenge; Head shaving; Hopscotch; Halloween party/ball

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- I** Ice cream & movie night; It's-a-knockout; Ice skating

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- J** Jumble sale; Jazz night; Jamboree

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- K** Karaoke night; Kite fly-a-thon

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- L** Line dancing; Lunch-less;

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- M** Match the 'kids or pets to the parents/owners' competition; Muffins for Meso in May; Mufti day; Murder mystery event; Music quiz; Movie night

- N** New year's party; No smoking day; Non-uniform day; Netball tournament

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- O** Odd job day; Open up your garden day

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- P** Parachute jump; Pool competition; Pedal power at the gym

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- Q** Quiz night

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- R** Rock 'n' roll night; Record breakers; Raffle; Race night; Roller-blading

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- S** Skydive; Spring or Summer ball; Sweepstake; Swim-a-thon; Salsa evening; Sponsor anything day; Sports day; Swap shop; Shave your beard

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- T** Trekking; Tombola; Treasure hunt by car; Tea party; Talent competition; Tug of war

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- U** University challenge

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- V** Valentines ball

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- W** Walking for Meso; Wine tasting; Welly throwing competition; Wheelbarrow racing; White elephant stall

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- X** Xmas ball; X-Factor competition

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- Y** Yo-yo competition; Yoga-thon

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- Z** Zombie Halloween party

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**There are many ways to raise awareness and funds for Mesothelioma UK but remember always be safe and keep within the law and most of all have fun!**

We have materials to help you raise your profile while fundraising for Mesothelioma UK. We can supply you with a fundraising pack geared to your needs. Call us on 0800 169 2409 to let us know what you want and we will send it in the post.

[www.mesothelioma.uk.com](http://www.mesothelioma.uk.com)