

Everyday things you do that you can raise money doing (or not doing)

- Walking the dog ... add a small challenge to it and get sponsored
- Walk to work day
- Walk to school day
- Full fat Friday (bring cakes and treats into the office on a Friday and ask for a donation)
- Donation box by the tea and coffee
- No coffee, chocolate, biscuits (or other favourite indulgence) day
- Activities at the gym (row to France, walk 10 miles etc all on exercise machines, go to the gym!)
- Dress down days (pay for the privilege)
- Sponsored Wii Sports events
- Children sponsored to keep their room clean for a week (a tough one)
- Donation boxes at dinner parties/barbeques and other social gatherings
- Sale of duplicate items and unwanted gifts on, for example, EBay (have you just moved in with a partner, got married or had a birthday?)
- Donations in lieu of presents (any event)
- Raffle an extra day off or the boss' parking spot when they are on holiday
- Selling second hand books (a shelf in the office with the books that have been donated with a collection box)
- Swear box, late box (or any other bad habit fine)
- Sponsored slim – if you're planning to lose a few lbs then why not raise a few £s in the process

There is fundraising potential in virtually everything you do, often it can require no preparation and it is amazing how much you can raise with just a little imagination.