

FUNDRAISING IDEAS



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It doesn't matter if you are hosting a bake sale or jumping out of a plane, our fundraising team will be there to help you along the way. Contact us on fundraising@spinal.co.uk.
Checkout the event page spinal.co.uk/events to see what events we have for you.

Bake sale

Everyone loves an excuse to eat cake for a good cause.



Bingo

Knock at the door, number 4! It's a classic! Charge a fee to enter each round.



Car boot sale

One person's rubbish is another's treasure!



Coffee morning

Host a favourite morning routine which makes a BIG difference.



Dress down day

Ties out, jeans in! At work or school, why not suggest dressing down or another themed day?



Fish and chip supper

Host your very own supper or contact your local fish and chip shop to get involved.



Give it up

Got a bad habit? Why not get sponsored for giving it up?



Head shave

It's a biggie! And you can even set a donation requirement (make sure to ask for permission if you are under 18).



Movie night

Snuggle up for a movie marathon with friends/family or colleagues and ask for a £5 donation.



Obstacle course

Find your local Tough Mudder events, get a team and take on the challenge.



Quiz

Host virtually, in person or at your local pub.



Skydive

Is this on your bucket list? Take the dive and get this ticked off while raising money.



Zumbathon

Have you got the moves? Dance your socks off for SIA.

