

Fundraising A to Z

St John
Ambulance
Cymru



St John Ambulance Cymru is Wales' leading first aid charity, delivering front line first aid services in the heart of Welsh communities and providing first aid training to the life savers of today and tomorrow.

By choosing to support us, you could help to inspire thousands of people every year to gain the knowledge and confidence to save a life.

We've put together an A to Z of fundraising ideas to help get you on your way to raising your target for St John Ambulance Cymru!

Arty Party

Get creative with an arty party - you could create something and hold a craft fair for friends and family, sell items on eBay for charity or even get some supplies in and charge people to craft with you.

Dress down day

Ask your employer or school if they're happy to hold a charity dress down day. Everyone donates £1 and can come in for that day in their casual clothes.



Book club

Host a book club where people donate to come along and discuss a book, or sell your old books to boost your fundraising.



Eating challenge

Take lead from I'm a Celebrity and host some eating challenges, you could ask people to donate to enter or "fine" them for not completing the task.

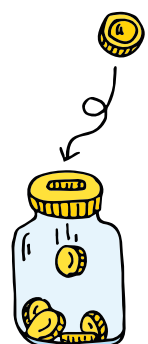
Cake sale

Everyone loves a cake sale, whether it's for friends and family, at work or school this is a great way to raise money.



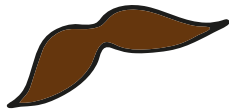
Five to fifty

Start with £5 and see how you can make it grow. This is a mini enterprise challenge where you can invest your £5 how you like and see if it can become £50. Challenge friends, family or colleagues to do it with you.



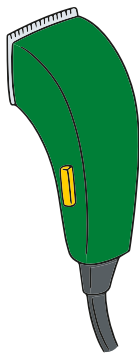
Grow it

Grow a beard or moustache and ask for sponsorship to do it. Agree to do it for a certain amount of time.



Head shave

Shave off your hair and raise sponsorship online or using your sponsor form. If you don't want to shave it you could dye your hair (and beard!) an unusual colour.

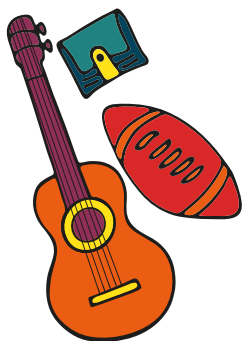


International evening

Pick a country and hold a party or dinner party in that style. Eat the country's cuisine, play their music and you could even talk in accents. Ask for a donation from friends and family to attend your event.

Jumble sale

Find a local jumble sale and set up a stall with things you no longer want. Ask others to donate items to help boost what you raise!



Karaoke night

Sing your heart out for St John Ambulance Cymru by planning and selling tickets to a karaoke night, at home or in a local venue.



Loud tie day

Wear a loud or embarrassing tie to work for the day and ask for sponsorship. If you don't wear ties you could try wearing odd socks.



Matched giving

Many employers these days offer matched giving. Tell them about your fundraising for charity and see if they can match what you raise. If they can't, they'll often give a donation or allow you to hold a fundraising activity at your place of work.

Name it

Whether it's a bear, cuddly dog or doll, create a grid of names (where one will be the answer). Ask people to donate to pick a name and the person who guesses correctly wins the toy.



Outerwear underwear

Wear your underwear on the outside for the day to raise sponsorship. You could set a date and ask others in the office to do the same. You'll be superheros in our eyes.



Promise Auction

Gather your colleagues, friends and family for a promise auction. Ask them what skills they have that they could teach others or offer and auction it off in exchange for a donation to St John Ambulance Cymru. For example, they could promise to clean someone's car, give an hour's guitar lesson or a hair cut.



Quiz night

Whether it's at home, at your local pub or community centre, quiz nights are a great way to raise money. There's lots of websites online where you can find questions and ideas for picture rounds. Ask for donations to enter and put aside a small prize for the winning team.



Raffle

Holding a raffle at one of your events is a quick and easy way to raise money. Ask local businesses if they can donate a prize or ask friends and family for unwanted gifts you can use. Remember to follow the Gambling Commission guidelines.



Sponsored something

Are you a chatterbox or do you eat too much chocolate? Hold a sponsored something to raise money - for example, it could be a sponsored silence, or an amount of time you'll give up chocolate for.

Time sweepstake

If you're taking part in a sporting or sponsored activity, run a sweepstake on how long people think the challenge will take you to complete, or for an event like a sponsored silence, how long they think it will be until you give up!

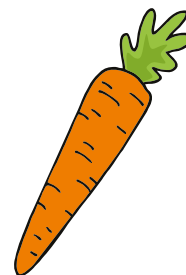


Uniform day

Hold a dress up day at work or school where people are invited to wear a uniform or fancy dress in return for a donation. Keep it St John Ambulance Cymru themed by giving the fancy dress a theme like blue light service uniforms.

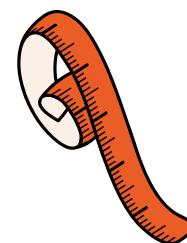
Veggie feast

Host a dinner party, inviting people along and asking them to donate to attend. Cook up some veggie treats and have a great time whilst raising money.



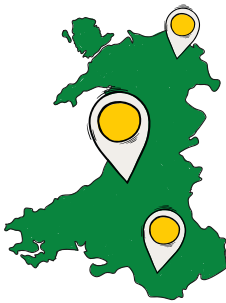
Watch your waist

Exchange lbs for £s with a sponsored slim. This could help with part of your training if you're doing a running event or be just for fun. You could start a slimming club where other people can help raise money too.



X marks the spot

Make a treasure map and split it into squares. Ask people to pick a square and donate to St John Ambulance Cymru. If they chose the square where you've hidden the treasure they win a prize!



Yes day

Ask for donations in exchange for helping people out. Ask them what they need (within reason) and simply say yes! But make sure you don't agree to anything you don't want to do!

Zumbathon

Hold a zumbathon with your friends and family to raise sponsorship. Don't like Zumba? You could try aerobics, dance, yoga or another sporting activity.



A flash of inspiration

Whether you're fundraising on your own, or as part of a team we hope this A to Z of ideas has inspired your fundraising.

Some fundraising activities including raffles and sweepstakes have rules you must follow or may need licensing.

Our fundraising team are always on hand to provide support and advice.

If there's anything you need or an idea you'd like to talk through please just get in touch!

Get in touch

You can contact our fundraising team on:
fundraising@sjacymru.org.uk
or call 029 2044 9626

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