

Preparing for the National Forest Trek – A to Z of fundraising



PREPARING FOR YOUR TREK

FUNDRAISING IDEAS

Thank you for signing up to take part in the National Forest Trek, taking place from 9th to 11th September 2022. Your fundraising starts here.

We've put together an A to Z guide that will help you to raise the funds necessary to participate in The National Forest Trek.

Please ensure that any planned activity is undertaken in a responsible manner and is fully compliant with any COVID-19 guidance that is applicable at the time.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk



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A

- **Auction / Auction of promises** – Those old vinyl records or CDs might be worth a few bob on eBay and they could be worth a few bob for your fund-raising too. Perhaps you have the contacts to get your hands on some sought-after sports memorabilia? Then an auction could be the charity fundraising activity for you. How about auctioning off your own skill set? Don't be shy now! Could a couple of hours gardening for friends help you raise funds?
- **Afternoon tea** – Time to put the kettle on and maybe show off your baking skills. Everyone loves a cuppa and you can encourage donations for all attendees be it at the workplace or at home. Another cuppa anyone?

B

- **Bake sale** – Make like Mary and bake like Berry on your way to fundraising success. Whether you run the event at work, school or your home be sure to find out about any specialist diets (or perhaps just favourites) first to maximise sales!
- **Bingo** – If the phrase "2 little ducks" brings a smile to your face then bingo could be the activity for you! Our advice: keep it fun and adapt the game for your audience. If they're celebrity obsessed why not use photographs of famous people instead of numbers or perhaps your friends are foodies... food bingo anyone?
- **Beard shaving** – Hair today, gone tomorrow and at a price! Would the idea of you shaving your beard off or even 're-arranging' your hair on top have them reaching into their pockets? Maybe make a feature of this across your social media and invite them (for an extra donation) to dye any hair before the big shave. If not a "hair-raising" idea, definitely a fund-raising one!

C

- **Coffee mornings** – Count the coppers with caffeine! So many of us rely on a coffee to get us through the day so hosting a coffee morning is a great way to fundraise. (Gathering donations is much easier when you're offering something people want anyway!) Think about combining with a bake sale or maybe including your beard shaving as a centrepiece of the morning.

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D

- **Darts challenge** – 180! That would be a nice sum to raise. Set your sights on bullseye and keep the game serious by charging an entry fee to raise funds. Or keep it fun and set challenges like throwing whilst on one leg and charge per throw. Maybe your employer or local business will donate a prize for the highest score with 3 darts.
- **Dinner Party** – Time for your Masterchef moment perhaps? What better than to surround yourself with friends or family and encourage them to make a donation for enjoying your culinary skills! Consider theming the evening too as a way to introduce extra creativity to proceedings. Maybe encourage invitees to bid to have their favourite course served up? And don't forget a pay-bar. Every pound counts.

E

- **Eat Healthy challenge** – Get your friends to give you a few pounds to lose a few pounds! Consider going without one of your indulgences for a month (chocolate, alcohol, etc), let your friends and colleagues know and seek donations based on you reaching your target.

F

- **Football match / 5-a-side football** – It pays to have a kickabout. Raise funds by inviting every player to make a donation to take part. See if you get friends to donate a prize item or hamper filler and then have all players and spectators pay £1 or more to take part in a penalty shoot-out competition.
- **Fancy-dress days** – Fancy this idea? It's a fancy-dress day at work (with the boss's permission of course!). Let all the staff and employees know in advance and invite them to pay a fiver to cast their vote as to what you will be obliged to wear. You might not need make-up to have a red face but think of the fund-raising...and all the smiles. This idea surely makes dress-sense.

G

- **Games Night** – You don't have to be a Monopoly board master or play Scrabble like a pro to host a games night. You just need games, a place to play and people to play with. It can be as simple as charades or if you have a screen and console to hand, why not go down the gaming route, charging friends to play? Tight on time? Put on a lunchtime session at your office and get colleagues to play for the price of a coffee.

G (continued)

- **Give it up!** – We all have bad habits, some worse than others (we're looking at you toenail biters!). But if you have a habit you want to kick, why not do it while fundraising for the Trek's charity partners? If your habit is costly, why not donate the money you save? Or if your habit causes more frustration to others than yourself, why not have people sponsor you? Over the years charity supporters have raised money by giving up things like crisps, television, alcohol, chocolate, meat and smoking.

H

- **Head shave** – If shaving your beard didn't make the cut, then bald is bold when it comes to a complete head shave. And people will pay for the pleasure of viewing your new chrome dome! Create some theatre around the actual event by announcing it across social media in advance whilst encouraging donations.

I

- **International (virtual) cooking challenge** – With travel and cooking programmes on TV so popular, why not combine the two with a special dinner party. Create a list of countries acclaimed for their cuisine and raffle off these countries to your friends and colleagues. Then, on the appointed evening set up a zoom conference where each cook talks about and presents their meal. You can be the judge and jury, and everyone can be rewarded with some new recipes!
- **It's a Knockout** – Who wouldn't want to be part of the ultimate school sports day for adults? Your chance to be creative with the challenges. Keep it fun and maybe consider involving families too. Reach out to local businesses and ask them to donate a prize. They'll be helping a good cause and if your event gains press interest, they'll also get exposure. You may need materials (sack race, egg and spoon etc) so don't be shy in asking around for help.

J

- **James Bond night** – The name's Bond and James' films are so iconic, why not invite your friends around (DJ's and party frocks) for a special screening and an entry ticket that is

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their donation. Maybe a fun casino can be on offer too. Money penny? We prefer if their donation was several Moneypounds!

K

- **Karaoke night** – Time to stretch the vocal cords and get ready for a night of karaoke. Love it or hate it, our fundraisers have proven it's a great way to raise money. If you're on the lookout for a karaoke machine, reach out to friends on social media to save money on renting one.
- **Knitting** – Time to use your needle skills to raise money for National Forest Trek's three charities. Why not get you and other like-minded fund-raisers to knit and then sell your uniquely crafted items. Want to raise more awareness of your fundraising? Don't miss out on the opportunity to promote your fund-raising and knitting progress across social media. One occasion when persuading people to part with a donation will be no stitch-up!

L

- **Ladies diva night** – Sell tickets and get your female friends together for an evening of pampering and partying. Nail bar, cocktails and canapés, fashion show, massage therapy. The list can be creative and long! Try to ensure you have a date selected in advance that will work for immediate network of friends.
- **Let's do lunch** – You don't have to be a lady to lunch. If your office has a habit of ordering food on a Friday, why not cook up your own treats? You'll save your colleagues time buying lunch, giving them longer to enjoy your yummy food!

M

- **Marathon events** – Before you skip and read onto the next idea, remember a marathon doesn't have to mean walking or running! Why not have a go raising money with marathon DJ sets, roller skating, and nail art sessions. Just decide if you want an activity that will take you 26.2 miles or hours. Hopefully your friends will go the distance when it comes to donating vital charity funds.
- **Matched Giving** – Whether you're raising money in the office or outside of work, ask your employer about matched giving. An increasing number of employers are starting to operate such schemes and if your employer does not, maybe you can be the catalyst for change so don't be afraid to ask.
- **Movie night** – Whether it is a film classic or recent blockbuster release or an acclaimed, why not host your own movie night? Set a single ticket price to include the film(s) and

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refreshments and consider using a local facility (school hall or sports club) if possible. Don't forget the popcorn and ice-creams! These can be sold on the night to raise extra cash.

M (continued)

- **Music lessons** – Can you play a musical instrument? If the answer is yes, then why not offer your services as a teacher in exchange for a donation. You'll be amazed how many people will show an interest. And how about offering a virtual performance? Sort out the video conference software, sell the tickets and play away

N

- **Name game** – This is very simple way to raise funds. Create a list of 100 names. Celebrities, sports-stars, cities. Your choice. Sell each name of £1 and when all tickets are sold that is an income of £100. Pick the winning name and that reward the ticketholder with £25! If this idea works for you consider doing this on a weekly basis.

O

- **Odd job day** – Lawn-mowing, DIY, carrying shopping, walking dogs... offer your services in the neighbourhood – no job too small. Dress in a superhero costume to get noticed and put a smile on everyone's face.

P

- **Pamper Day** – It's likely your friends love a bit of pampering, so why not plan a day that offers the break people need. Are you a trained beautician, masseuse or hairdresser? We need your skills. If pampering is more of a hobby, whilst we'd suggest staying away from offering haircuts, why not have your friends over for a night in? You could even make your own beauty products which will help keep guests entertained and your spending low.

Q

- **Quiz night** – The pub, village hall and local sports centre might currently be out of action as suitable venues for hosting a quiz. But not so an online zoom quiz! Invite friends,

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family and colleagues to contribute to the quiz content and categories and maybe encourage individuals and teams to sponsor a question of round. You host the night and guests pay to play. Simple... but the questions might not be.

R

- **Raffle** – A raffle is sure-fire way to swell the fund-raising coffers. Persuade friends, family or local businesses to donate a prize and then start charging for tickets.
- **Rowing** – feeling fit and energetic? Get on the rowing machine and get sponsored for rowing a certain distance. At 75 miles, The National Forest Way might be too far. Rowing the channel might be more like it.

S

- **Sweepstakes** – Want a way to fundraise for charity fast? A sweepstake could be the perfect way for you to raise money. You have 1 question, for example, 'How many sweets in the jar?' and people pay to be given an answer. Whoever has the winning answer gets a prize, while you donate the money raised.
- **Sponsored silence** – If you're the chatterbox who finds being quiet frankly impossible, then time to stun and amaze those around you with a sponsored silence. You can, of course, make a lot of noise about the National Forest Trek and the charity partners involved!

T

- **Treasure hunt** – sell tickets for a walking-based treasure hunt. Simply create and lay a trail of clues with a top prize at the end and, perhaps, a nice social gathering too for everyone to share their experience.
- **Tuck shop** – buy big tubs of coal bottles, fried eggs and other sweets and make them up into £1 bags to leave in the office.

U

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- **Upcycling** – No, not something that requires a Chris Froome-level of fitness. Just the creative process of transforming unwanted products or items into better quality and value. See if you can get ‘commissions’ from friends or family or even sell on eBay. Upcycling can be a rewarding process for you and the charity partners.

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V

- **Valet service** – who really cleans their cars anymore? Well how about you in return for a donation? Consider the possibility and feasibility of taking a half day holiday at your place of work and offering to clean your colleague's cars in return for a suitable donation.

W

- **Walk** – You're probably going to be doing plenty of walking as part of your training for the Trek so keep posting photos and your fundraising link every time you go training walk. Perhaps encourage all of your friends and family to sponsor each mile of training you undertake in addition to completing the Trek itself.
- **Wax It** – It's a classic charity fundraising technique that provides an interesting insight into how much your friends are willing to pay to hear you shout 'ouch!'. A packet of wax strips (and maybe some aloe vera) is all you need to raise money with a wax off.

X

- **Xbox / PlayStation / Console Night** – We hope you're sitting comfortably because a charity gaming tournament could keep you up all night. It's also a great way to spend time with friends, so get the pizzas ordered.

Y

- **Yoga marathon** – If you have already acquired some yoga skills why not run your own fundraising yoga class? You'll be surprised at how many of your friends might be tempted to have a go. They will not only be investing in their own health, but also having the added satisfaction of contributing to such wonderful charities.

Z

- **Zany dress day** – Get your workplace fully onboard for some Friday frolics as you agree to dress up as your colleagues pay the price. Isn't this the same fundraising idea as Fancy Dress? Yes, but zany starts with the letter Z!
- **Zip Wire** – If you are an adrenaline junkie or just willing to face a fear then this could be the one for you? This fundraiser could also be a sponsored bungee or parachute jump. Whatever your relative comfort zone, search out a local centre to take on the challenge

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and then encourage all and sundry to rally around and show their sponsorship support. There will be a sense of achievement for sure.