



# epilepsy research uk

## A – Z of fundraising

**A** abseil, afternoon tea, anniversary donations, art exhibition, auction **B** baby competition, babysitting, bake off, battle of the bands, bbq, bingo, birthday donations, book sale, bridge evening, bring and buy sale, bungee jump **C** caption competition, car boot sale, car wash, Christmas card sales, Christmas jumper day, coffee morning, collections, concert **D** darts tournament, diet, disco, dog walking, dress down day **E** easter egg hunt, ebay, exhibition **F** face painting, fancy dress, fast-a-thon, fete stall, football match, fun day, fun run **G** garden party, gardening, golf day, guess the...number/weight **H** hat sale, head shave, home collecting box **I** ink cartridges, international evening, ironing **J** jail break, jam sale, jewellery sale, jobs for sponsorship, jumble sale **K** karaoke night, knitting, knobbly knees competition **L** ladies lunch, lunch run **M** market stall, mountain climb (virtual!), murder mystery night, music evening **N** night in, name that..., netball tournament, no smoking week, non uniform day **O** office Olympics, open challenge, open garden **P** paintballing, parachute jump, party, plant sale, PlayStation tournament, promise auction **Q** quit something for a week (or forever!), quiz night **R** race night, raffle, readathon, recipe book, recycling **S** slim, sponsored event, sports day, swap shop, swear box, sweepstake, swimathon, supermarket collection **T** talent show, teddy bears' picnic, tennis tournament, themed event, treasure hunt, tug of war **U** unwanted present swap **V** valet service, variety show, visits **W** walk, waxing, wrapping service at Xmas, wine & cheese party, wine-tasting evening, win a day off work **X** X-factor show, Xbox Tournament **Y** yacht race, yogathon **Z** zip it!, zip-wire, zumbathon

**Thank you  
for your  
support**

Epilepsy Research UK  
PO Box 3004 London W4 4XT  
020 8747 5024 • info@eruk.org.uk  
www.epilepsyresearch.org.uk  
Registered charity no: 1100394

**epilepsy  
research uk**