

# The *give it up!* A-Z of fundraising



Has *give it up!* inspired you to  
fundraise for CAFOD?

Our A-Z of fun fundraising ideas is  
here to help you!

# Fundraising for Lent 2010 - *give it up!*

For Lent this year we are asking you to get sponsored for giving something up – it can be sweets, chocolate, playing on your X box, anything at all! By giving something up and getting sponsored you can raise money to help people in some of the world's poorest countries.



- Use the **posters** in the Lent Fast Day Packs to make sure that lots of people around you know what's going on during Lent.
- Use **the DVD clips** online to introduce Lent Fast Day to your school or youth group.
- Download the **Stations of the Cross** resource online to reflect on your reasons for getting involved this year.
- Use the ideas in this A-Z of fundraising to further inspire others to get involved and raise money during Lent.

Collect **sponsorship** from your friends and family. Become a fan of our **Facebook** page which will be dedicated to *give it up!* during lent, to promote your hard work and to inspire others!

| Full name | Home address | Postcode | Gift Aid | Days | Amount |
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**FILL IN BLOCK CAPITALS PLEASE**

Sponsor's name: \_\_\_\_\_  
Home address: \_\_\_\_\_  
Postcode: \_\_\_\_\_  
School: \_\_\_\_\_

If you're giving your contribution by cheque, please make it payable to the school.

We would love to tell you a full story about how CAFOD is using donations to make a positive difference to people in need. We would love to hear from you on your website and to hear from you on your phone. If you would prefer not to hear from us, please tick here.

CAFOD



At the end of *give it up!* bring your sponsorship money and forms into your school or youth group and celebrate with a **'Transform your uniform'** day. A great chance to come together to celebrate your massive efforts, and perhaps do further fundraising for CAFOD!

## Young fundraisers!

Raising money is a fun way to support CAFOD's work while learning more about the world we live in at the same time! Here are some inspiring stories of children and young people working together to help people in some of the world's poorest countries.

### Emergency appeals - Haiti 2010



After the devastating earthquake in Haiti this year, pupils came together in St Margaret Mary's Catholic Junior in Liverpool, wearing hats to fundraise for Haiti, and raised a fantastic £632.50!

The money raised by schools for Haiti was used to supply water, food, medicines and shelter to the worst affected areas.

### Harvest fast Day - October 2009

Pupils from St Joseph's Primary School in Bristol took part in activities and dressed up as bumble bees to fundraise for CAFOD during Harvest Fast Day 2009, to help people in countries like Brazil.

The money that schools raised on Harvest Fast Day went towards bee keeping training for families so that they could earn money from selling honey!





Curriculum based fundraising

Four girls at St Joseph's Catholic College in Bradford came up with a great idea of a healthcare pack for mums and babies, as part of a national business competition run by Partners in Innovation, and the college raised over £10,500 in just six weeks! This money has really made a difference to mums and babies living in countries such as Nigeria.

World Gifts!

Christ the King school, Nottingham are working in closer partnership with CAFOD for at least the next 12 months, fundraising to build a virtual village through World gifts, alongside learning more about development issues. They have raised a brilliant £1800!



Lent Fast Day 2009



St. Michael and St. Martins Primary School in Hounslow held a mufti day around the theme of Brazil to raise money for CAFOD projects during Lent 2009. All the children brought in money to wear bright carnival colours, and joined in with class activities such as carnival mask making and carnival dancing!

## *Give it up!* and fundraise for CAFOD this Lent!

**Check out these handy hints** to make your fundraising fun and successful and make your money count!

### **Your fundraising is vital to CAFOD's work.**

It means we can support people in need all over the world. So a big thanks for everything you do to help CAFOD in its work.

This A – Z of fundraising ideas aims to help you think about fun things you can do during Lent to raise money for CAFOD. To set you on your way to success here are a few basics to think about...

- **Be creative** - but remember that you are trying to make money! Beware of complicated ideas.
- **A few minds are better than one** – get together with friends and brainstorm your ideas and organise your activities.
- **Put the fun into fundraising** - remember to keep your ideas fun! It will be more interesting for the people taking part and will help towards achieving your fundraising target.
- **Check with your teacher or youth leader** - When you have a favourite idea or a shortlist, check them out with your teachers/youth leaders to make sure that they are happy with them.

## **A**

- **Aerobics-athon**

To stay fit and healthy organise an aerobics-athon and feel good about supporting CAFOD.

- **Arts and crafts fair**

Put your creative talents into action and sell your works of art at a craft fair.

- **Auction**

Organise your own fund-raising auction. Why not auction off your talents for the day?

- Art Exhibition

Instead of selling your art, charge your friends and family to look at it!

## **B**

- Bag packing at local supermarket

Ask your local supermarket if you can hold a bag packing day for CAFOD. A great way to provide a service to the local community whilst supporting CAFOD too.

- Bad hair day

Fed up of being nagged about your untidy hair? Why not organise a bad hair day and raise money too?

- Bad tie day

Look in your dad's wardrobe for those out-dated ties and dazzle your friends. Pay to display the outrageous tie. Your friends could pay to have the offending tie removed.

- Battle of the bands

Challenge those budding musicians to a battle of the bands and put on a concert to raise money. You could also raise money with a pay to leave policy.

- Bring and buy sale

- Bike ride

On your bike! Why not organise a bike ride and turn it into a sponsored event? Pedal for poverty!

- Beat the goalie

Challenge your friends to a beat the goalie competition. Pay to play.

- Bingo

Organise a bingo event – devise your own calls for the numbers. Charge a fee per game.

## **C**

- Cake sales

Cake sales are a great way to raise money and awareness too, if they are made from fairly traded products. To ensure a healthy eating dimension have a variety of cakes like carrot cake, banana bread. Don't forget to sell your products to teachers too, if you're doing it in school. Ask your priest about the setting up a stall after Mass, you could even make tea and coffee!

- Coppers for CAFOD

Collect all those unwanted coppers that weigh down your pockets – small change making a big difference.

- CAFOD T-shirt sales

Get all creative and design a CAFOD t-shirt and sell your fantastic designs. Go the extra mile and make sure the t-shirts are fairly traded too.

- CAFOD Christmas cards

Livesimply and design your own CAFOD Christmas cards to sell to your friends and family. Make sure your card is recycled or sourced sustainably.

- Colour themes days – everyone wears CAFOD green

Bring a bit of colour into your day and raise money at the same time. Get all your friends to dress in the same colour too and make a real splash.

- Collections

Put those empty jam jars to good use and turn small change into a big difference.

- Cross country bucket run

Feel good in a variety of ways through exercise and supporting CAFOD. Map out a course for your run and make sure you get sponsored too.

- Create a cookbook and sell it

For all those budding Master Chefs, put your recipes into a book and sell them to friends and family – why not think about making it a Fair Trade recipe book?

- Competitions

Devise your own competition or use tried and tested ideas such as guess who the baby in the picture is...

- Concert

Gather all your talented people under one roof and put on a concert for friends and family. Think about a pay to leave policy too.

- Cricket match

Challenge your peers or teachers to a cricket match. Each team pays a fee.

- Car Wash

For all your hard work, charge your teachers, friends and family to wash their cars.

- Chocolate Ban

Give up chocolate for a day, a week or a month and give the cash you saved to CAFOD.

**D**

- Doughnut sale  
Delight all your friends with a delicious doughnut sale. Shops like Krispy Kreme let you buy their doughnuts at special low prices so that you can sell them on for a fund-raising profit!
- Disco  
Put on those dancing shoes and disco the night away. Remember to charge an entry fee.
- Dance-athon  
Dance all day in a sponsored dance-athon.
- Dress down day  
Ditch the uniform or the suit and dress to impress.

**E**

- Enterprise Days  
Put on your Apprentice heads and come up with the marketing idea of the century! Create and sell the product you have designed.
- Eco day – dress in green  
Turn your actions into good deeds for the day, litter pick and recycle your rubbish. Remember to get sponsored for all the activities you do.
- Eating baked beans with a cocktail stick  
Challenge your friends to a baked bean eating competition – how many can you eat in a minute using only a cocktail stick?
- Egg and spoon race  
Are you up for an egg and spoon challenge? Race your friends and family and no cheating now!
- Egg painting competition  
Don't waste those eggs after the race – turn them into works of art. Sell them to raise money for CAFOD.

**F**

- Fair Trade Stalls  
Go for an ethical angle to your stall and sell fairly traded goods – why not ask if fair trade products could be sold in your tuck shop too.

- **Fancy Dress**  
Go crazy with the fashion ideas and create a zany masterpiece to wear for the day. Prizes for the most outrageous and colourful costumes.
- **Fancy Dress football**  
Turn a regular game of football into something rather special with colourful costumes too. Challenge your peers, teachers or other adults to a crazy game of football. Pay per game.
- **Five a side football**  
Challenge your mates or your teachers to a football tournament, each team pays to play.
- **Fast Day lunch and *give it up!* film**  
Create a simple lunch in solidarity with our sisters and brothers living in poverty throughout the world. Tag on an interesting film too, such as the *give it up!* Lent film that can be found online, and get a crowd together to act in solidarity.
- **Fast Day Fun**  
How long can you go without playing your favourite computer game or watching the TV? Why not give up something you really enjoy for a set period of time. Get sponsored too.
- **Fashion Show**  
Put your creative talents to the test and organise a fashion show – why not use recycled clothes and make it an eco-show too. Invite the wider community to see your fabulous designs, and don't forget to charge an entry fee.
- **Family Fun Day**  
Get the whole family on board and arrange a fun day full of activities mentioned throughout.
- **Face painting competition**  
Put your artistic talents to good use and paint peoples faces. You could have a themed face painting day such as animals or characters from a book. Remember to charge for your works of face painting art.
- **Fun run**  
Dust off your running shoes, add a green tutu and run for fun. Get a team together and create your own theme for when you run. Get sponsored too.

- Guess the number of ...(balloons in a car, sweets in a jar)  
Have a lot of fun challenging your friends to guess the quantity in the jar or car.
- Guess who the baby is (from photos)  
Ask for baby photos from key people and get your friends to guess who they are.  
Pay to enter.
- Guess the weight of... (cake, teddy)  
Quiz your friends with the weight of the cake – 50p a guess.
- Games, scrabble, chess, trivial pursuits etc  
For all those who love the challenge of a board game – why not have a marathon board game tournament. Either pay to play or get sponsored for what you do.
- Green day  
With the issue of climate change and the importance of looking after our world – why not organise a Green Day – Dress in green, hold an eco fashion show, litter pick and create a recycled materials art exhibition. Invite friends and family too.  
Remember to charge a fee to take part.

## H

- Hula Hoop Contest  
How many times can you spin the hula hoop? Organise a hula hoop-athon. Don't forget to get sponsored by the spin, or the length of time you keep the hoop going.
- Hair beading, braiding and plating  
Put your creative talents to good use and, whilst making your friends look cool too, you can raise money for CAFOD.
- Hopscotch  
Organise a Hopscotch contest in the playground, and challenge your friends. Pay to play.

## I

- Indoor games  
Organise an indoor Olympics contest. Rain won't stop play and you'll have fun challenging your friends and raising money for CAFOD too.
- International evening  
Hold a themed night representing countries across the world. Decorate your hall with flags from across the globe. Bring an international flavour to the food with different national dishes and entertain your guests with world music too. Why not

also hold a quiz too and test your friend's geographical knowledge? Charge an entry fee.

- It's a knockout  
Organise an It's a knock out competition –fun for all the family. Either make it a sponsored event or pay to play.

## J

- Jumble sales  
Reduce, reuse and recycle – The perfect opportunity to hold a jumble sale.
- Jelly races  
Have loads of fun with a jelly race – why not try different jelly moulds too, or even an obstacle course? Remember, you pay to play.
- Jewellery making/selling  
Put your creative jewellery making skills to good use and hold a sale with what you make. Share your skills with others and teach your friends how to make that perfect accessory.
- Jigsaw marathon  
Have you got an eye for a jigsaw – challenge your friends to a speed jigsaw puzzle race. Get your friends and family to sponsor you too.
- Joke-athon  
Have your friends in stitches with a joke-athon. How long can you keep your friends laughing? If the jokes are really bad pay a fee to leave.
- Juggle-athon  
With three, four or five balls – how long can you keep them in the air? Challenge your friends too.

## K

- Kite flying  
When the wind is right get those kites into the air – the kite that stay up the longest wins – why not design your own kites and get sponsored too?
- Karaoke  
Impress your friends with your singing ability – Try out your favourite tunes. Pay per tune.

- Knitting competition  
How long is that scarf? Challenge your friends to a knit-off. You could sell or auction your work of art too.
- Knobbly knees competition  
Expose those knees – who in your group of friends has the knobbliest knees? Pay to expose those knees

## L

- Lonely coins collection  
Find a coin in the street – put it to good use and add it to a collection. Unsure what to do with those spare coins – add them to your CAFOD pyramid box and turn your small change into a big difference.
- Leap frog  
Leap into action for CAFOD and have a leapfrog competition in your playground.
- Line dancing  
Friends and family can have hours of fun with a line dancing event – you could even organise a line dance-athon. Charge a fee to take part.
- Line of coins  
Set yourselves a challenge to see how long you can make your coin collection. Watch as it grows.
- Litter picking  
Get yourselves sponsored on a mass litter pick afternoon and look after your local environment too.
- Loud tie day  
Looking to make a difference amongst your friends – see who can wear the most outrageous tie – You could even design your own tie. Only those who have paid to display can take part.

## M

- Money boxes  
Take home a CAFOD money box and collect your spare change, or have a classroom box. Think about all the ways you could fill your box too.
- Magic show  
Put your magical talents to good use and organise a show for all your friends. Remember to have an entry fee.

- Mile of coins

Set yourself the mile challenge - what is the longest distance you can reach with a line of coins? (Bronze, silver and gold categories.)

- Musical Evening

Show off your talents and organise an evening of musical entertainment from singing to playing instruments. Pay what you think it's worth.

- Mini Olympics

Test those budding Olympians and hold a mini Olympics. Pay to play.

## N

- Nominate a teacher – to have their legs, beard or head shaved.

Challenge a teacher/ youth leader to have a part of their body shaved for a good cause. Remember to get sponsored too, or charge people a fee to watch it happen.

- Non Christmas card money raiser.

Fed up of sending out Christmas cards to people you sit next to? Ditch the cards and the money you save can go to a CAFOD. You could also create one large Christmas card and get everyone to sign it.

- Nature Trail

Organise a nature trail, learn about your local flora and fauna and raise money too.

- Nearly new sale

Out grown those jeans? Only worn something once? Why not sell or swap your unwanted things with your friends? Pay £2 for each item you take.

- Name the baby/teddy

Does your mascot need a name? Charge your mates to come up with the most interesting suggestion. You could raffle the bear at the end too.

- Netball tournament

Challenge your friends, teachers or parish to a netball tournament. To add an air of interest, why not play your matches in fancy dress too. Remember it's pay to play.

## O

- Obstacle course

Have fun with an obstacle course and get sponsored too.

- Odd clothes day

Turn your non-uniform day into an odd clothes day – mix up those socks and clash for cash.

- Odd Job Day  
Charge a fee for all those odd jobs around the house that need doing.

**P**

- Penalty shoot out  
Show off your football skills in a sponsored shoot out.
- Photo competitions  
For all those budding photographers, hold a competition for all those interesting snaps. All entrants to pay a fee.
- Pancake race  
Hold your own pancake race –challenge your friends and family.
- Pin the tail on the donkey  
Challenge your friends to a pin the tail on the donkey – remember to blindfold them and no cheating! Pay to play.
- Pantomime  
Holding a pantomime? Why not do a collection for CAFOD as people leave?
- Plant sale  
For those of you with green fingers, sell your produce in a plant sale.
- Poetry reading  
Organise a poetry recital and invite your friends and family – why not have a themed poetry event, or poems from your favourite poet. Set yourself a challenge of reciting your poem from memory. £1 per line – the longer the poem the more you raise.
- PTA coffee morning  
Get the Mums and Dads to organise a coffee morning – why not make it a Fair Trade event too! You could combine it with a bring and buy.

**Q**

- Quiet in the classroom - Sponsored silence  
Make your teacher happy by remaining quite for a minute, hour or even a whole day. Remember to get sponsored too!
- Quizzes

Create your own quiz, or use our CAFOD quiz to test your friends' knowledge. Hold a PTA or parish quiz night and raise money for CAFOD by charging per entrant.

## R

- Rich man poor man meal

Organise a simple lunch with a difference – a small number or randomly chosen people get an upgrade from a simple lunch to a sit down meal. Help to demonstrate inequality in the world today.

- Raffles

Get friends and family or local businesses to donate prizes and raffle them off.

- Read-athon

How many books can you read over a short period of time? Get sponsored per page or for fast readers per book.

- Relays

Organise a sponsored relay race. Add a bit of variety into the race and create an obstacle relay.

- Rounders Tournament

Challenge your friends and teachers to a rounders match. Remember it is pay to play.

- Recycling – phones, ink cartridges etc

Upgraded your mobile and unsure what to do with your old one? You can now turn it into money for CAFOD. You can also recycle spent ink cartridges too. (Special collection envelopes and boxes available.)

- Recipe swap

Interested in cooking –why not set up a recipe swap – even share the produce you have made.

- Rugby match

Challenge your friends and teachers to a rugby match. Each team pays to play.

## S

- Soak the priest/teacher

See if you can convince your priest, teachers or youth leaders to get in the stocks and get wet! Get people to pay per sponge.

- Students vs. Staff – fancy dress tug-o-war

A fun way to compete with staff at school – challenge them to a tug-o-war. Each team pays a fee.

- Stalls

Set up a variety of stalls, from plants, cakes to recycled goods and create your own mini £1 bazaar.

- Sponsored ideas/ events – dye hair green/ walk for CAFOD

Remember when organising a fundraising event to think about adding a sponsorship element – it is a great way of collecting your money. Think of clever ideas that your friends and family can sponsor you for.

- Salsa Dancing

Put on those dancing shoes and find a salsa partner –and dance away for CAFOD.

- Staged events/performing arts

Thinking of putting on a show? Invite your friends and family and donate money from ticket sales to CAFOD. Get them to pay what they think its worth. You could even perform CAFOD's very own play *Degrees of Change*, available to download from [www.cafod.org.uk/degreesofchange](http://www.cafod.org.uk/degreesofchange)

- Swap shop

Tired of your clothes, toys and books then organise a swap shop and exchange the things you are bored of with something different.

- Swishing

Admire a friend's outfit – then engage in a fab new craze of swapping unwanted clothes for someone else's cast offs.

- Spell-athon

Do you have a head for spelling? Then organise a spelling competition or spell-athon – challenge yourself to a certain number of words –why not get sponsored too?

- Scrabble contest

Challenge your friends to a Scrabble competition. Each competitor to pay to play.

- Swim-athon

You too can be the next Michael Phelps or Rebecca Adlington and swim the distance for CAFOD. Get sponsored per length... or per mile!

- Shoe shine

Do a good deed for the day and offer your shoe shining services for a fee.

T

- Talent contest  
Hold a contest to showcase the talents of your friends and family! Organise a Collection or charge at the door for entry.
- 24 hour Fast  
How long do you usually go without eating? Why not give up something you really enjoy for 24 hours. Get sponsored too.
- Tombola  
Get friends and family to donate gifts and organise tombola. Only numbers ending in 0 or 5 will win a prize!
- Treasure Hunt  
Create a treasure hunt and challenge your friends to find what you have hidden. Pay to play.
- Teddy bears' picnic  
Organise a teddy bears picnic and invite friends and family too.
- Three legged race  
Team up with a friend and challenge other pairs to a three legged race. To make it more fun, why not do it in fancy dress too? Each team pays to play

## U

- Ugly face pulling competition  
A prize for the most outrageous face – make sure you get photographic evidence! Each entrant pays to play.
- Uniform free days  
Ditch the uniform for a fee, and the chance to wear something more casual.

## V

- Virtual Village  
Create your own virtual village by fundraising to buy World Gifts. Decide with your friends which gifts you want to buy and think of clever ways to raise money for your target gift(s). If you're fundraising in school, challenge forms, year groups or houses to see who can raise the most.
- Volley Ball  
Challenge your friends and teachers to a volley ball match. Remember, you pay to play.

## W

- Walk for CAFOD

Organise a walk for CAFOD and get sponsored too.

- Welly throwing competition

Put your shot put skills to the test and see how far those wellies will go.

- Walk-athon

Set yourself a goal and walk the world for CAFOD – shorter distances are OK too!

- Word search

Create a themed word search and challenge your friends and family. Remember to charge a fee.

## X

- X Factor Competition

Celebrate all your talents by putting on a show – Britain's definitely got talent.

Organise your own talent show and invite friends and family too. Have a pay to leave policy just in case.

## Y

- Yo-yo competition

Have you got a talent for yo-yoing – then put your skill to good use and get sponsored.

- Yodelling competition

If yodelling is your thing then, either get friends to pay you not to do it, or get sponsored instead.

## Z

- Zoo quiz

Create a zoological quiz and test your friend's and family's knowledge of the animal kingdom. Remember to charge a fee too.

- Zany clothes day

Instead of a dress down day – dress up for a fee, with a zany costume that will brighten everyone's day!

**Good luck with your fundraising activities, and thank you once again for your support. It is much appreciated and helps towards creating a world without poverty and injustice.**

**CAFOD loves to hear about all your fundraising stories. Remember to take photographs of what you do, send them in to CAFOD and we can celebrate your success by sharing them on CAFOD's website!**

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