

# Fundraising

## A-Z

What's your favourite pub quiz team name?



## A

Abseil

Afternoon Tea

Anniversary Celebration

Auction of Promises

Arts and Crafts

Aerobics Class

## B

Bingo

Bake off

Bric-a-Brac sale

Book club

Black tie event

Bike ride

## C

Coffee morning

Car boot sale

Car wash

Cinema night

Carol singing

Christmas jumper day

## D

Donations in lieu

Dress up or dress  
down day

Danceathon

Distance challenge

# Talk2Us



## Phone line

0800 059 0123  
Mon-Sun: 5pm-8pm



## Messenger

Mon-Fri: 9am-8pm  
Sat-Sun: 5pm-8pm

# Text Line

## shout

**85258**

here for you 24/7

If you're in crisis, or in need of urgent support, please text **TEAMKPG** to **85258** where you can speak to a trained Crisis Volunteer.

It's free, available 24/7, confidential and it doesn't appear on your phone bill.

# Self-Help



Self-help is extremely important when suffering with a mental health condition.

Our Self-Help Toolbox provides you with the resources you need to manage your mental health and wellbeing.

# Counselling



Established to provide counselling for people at a low cost, our counselling service is an affordable and flexible, self-referral service that offers confidential and non-judgemental talking therapy to individuals, couples and families.



## E

Exercise challenge  
Ebay sale  
Eurovision party  
Easter egg hunt  
Egg and spoon race  
Eating competition

## F

Fancy dress  
Fete  
Football tournament  
Fun run  
Fashion show

## G

'Give it up' challenge  
Games night  
Golf day  
Girls night in

## H

Head shave  
Hula-hoop challenge  
Halloween party

# A mindful snack

S

**Stop**

Stop whatever you're doing. You can always begin again.

N

**Notice**

What is happening within and around you? Be mindful.

A

**Accept**

Whatever it is you're struggling with, accept it for what it is, without judgement.

C

**Curious**

Ground yourself with questions about your environment. What am I feeling? What do I need?

K

**Kindness**

Respond to yourself and others with kindness



I

It's a Knockout  
Indoor sports day

J

Jumble sale  
Jeans day  
Jewellery making  
Jazz night

K

Karaoke night  
Knitathon  
Keepie-uppies challenge

L

Loud shirt day  
Leg wax  
Ladies Day / Night

# Emotions are communication



# M

Murder mystery evening  
Music event  
Mile-a-day  
Marathon

# N

Night in  
New years resolutions  
Non-uniform day

# O

Open gardens  
Occasions  
Open mic night  
Online fundraising

# P

Penalty shoot-out  
Poetry competition  
Pool tournament  
Press-up challenge



# Types of self-care



## PERSONAL

Hobbies  
Healthy living  
Organisation  
Safety  
Time alone  
Journaling  
True self

## FINANCIAL

Saving  
Budgeting  
Money manage  
Splurging  
Paying bills

## WORK

Time manage  
Work boundaries  
Positive space  
More learning  
Break time



# Q

Quiz night  
Quit something

# R

Raffle  
Running challenge  
Readathon  
Record breaker!  
Rowing challenge

# S

Swimming challenge  
Summer party  
Silent auction  
Sports day  
Santa dash

# T

Treasure hunt  
Talent competition  
Triathlon  
Treadmill challenge

# Kindness during difficult times



Send a motivational text to a loved one that is struggling



Praise a colleague for something they've done well



Reach out to a loved one experiencing loneliness

Tell someone something funny to cheer them up



# U

Unwanted gift donation  
University challenge  
Unusual clothes day  
Uniform-free day

# V

Variety Show  
Volleyball challenge

# W

Wedding  
Wimbledon  
Walk to school  
Waxing  
World record attempt

# X

X-Factor competition  
Xmas fete  
Xbox tournament

# Reasons to take a break from your phone



Less comparing



Improved productivity



Less stress



Better conversations



Less fomo



Stronger relationships



Better sleep



Inspiring others



Increased happiness



Y

Yogathon  
Yorkshire 3 Peaks  
Challenge

Z

Zumbathon!

**Enjoy your fundraising!**

**Thank you for your amazing support.**

