



RICHARD PARKS'

7.37

CHALLENGE

A-Z

FUNDRAISING IDEAS

Marie Curie
Cancer Care



LLOYDS TSB
CARDIFF HALF MARATHON 2010

The Bridgeman

Introduction.

**7 SUMMITS, 3 POLES, 7 MONTHS.
A WORLD FIRST.**

When successful Richard will become the first ever person to stand on the continental summits and all 3 poles (the South Pole, the North pole and the summit of Everest) in the same calendar year and set a new benchmark in the climbing of the 7 Summits.

The 737 Challenge is justly proud to be raising funds in aid of Marie Curie Cancer Care.

Marie Curie Cancer Care provides hands-on nursing care, totally free, to give terminally ill people the choice of being cared for and dying at home, supported by the people they love. Marie Curie is also the largest provider of hospice beds outside the nhs, providing specialist care to the large number of terminally ill people who wish to be cared for in a hospice setting.

Your kind support of the 737 Challenge would therefore have a significant impact on the lives of many terminally ill people and their families.

Thank you for choosing to take on your own fundraising challenge from this A to Z list. help raise funds to make this happen... Good luck!

Raising funds in aid of:



A.

ALL DAY EVENT

Ask your local pub or sports club if they can arrange a 24-hour sponsored event such as darts, squash, bridge, skittles, rugby, football, swimming gala etc.

AUCTION OF PROMISES

Try to get people to donate a gift, the promise of their time or use of their belongings. You can even ask people to donate themselves as 'slaves for the day'!

AEROBICS

If you enjoy keeping fit - or want to start - why not get people to sponsor you over a certain time?

B.

BRING A POUND INTO WORK

Simply ask your colleagues to each bring a pound into work in aid of the charity you are raising money for.

BARBECUE

Hold a charity barbecue and charge people to come to your party.

BOOK SALE

Dig out all those old books and have a book sale at home or at work.



C.

CAR BOOT SALE

Get all those unwanted items stashed in the back of cupboards or in your loft and sell them at a car boot sale.

COFFEE MORNING

Get all friends together and have a coffee morning, it's a great way to catch up on all the gossip!

COMPETITION

Hold a competition at work, at home or at a club.

CLEAN CARS

Charge a nominal fee to clean the cars of your neighbourhood. Charge £5 a car, £10 for in and outside!

D.

DINNER DANCE

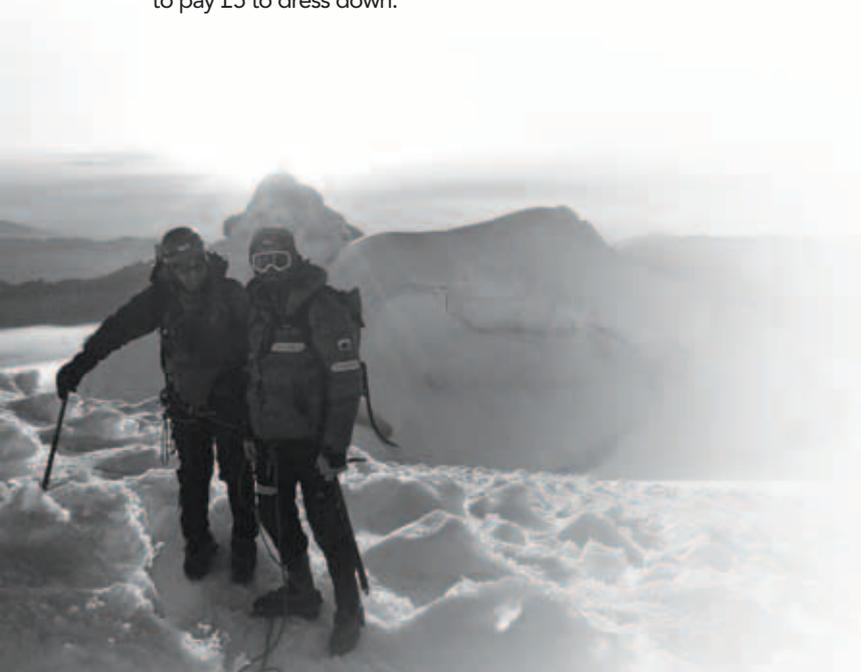
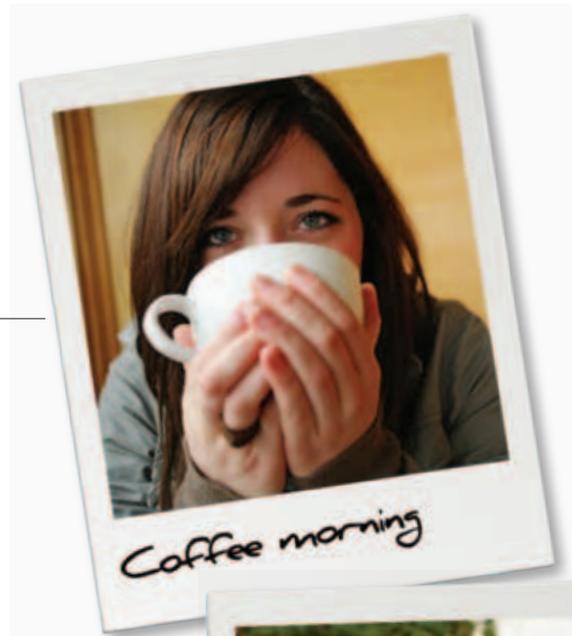
Have a band, good food, organise a raffle and/or an auction.

DISCO

Organise a disco or 70's night - with fancy dress! Think Halloween, Bonfire Night or Christmas.

DRESS DOWN DAY

Ideal if you work in an office environment where your colleagues might be keen for an opportunity to work in jeans. Ask everyone to pay £5 to dress down.



E.

EASTER EGG HUNT/PARTY

EGG ROLLING COMPETITION!



F.

FANCY DRESS CAR WASH.

Ask everyone in your street if you can wash their car - dressing up in a wild outfit makes it more fun.

FOOTBALL TOURNAMENT

Ask everyone to pay a joining fee to the 737 Challenge Charity.



G.

GOLF MATCH

Organise a Charity Golf Day - Local business sponsors can be one of the best starting points. Contacting local businesses to ask for donations and sponsorship will usually mean that sponsors are named on promotional material. This isn't too much to ask in return for the publicity and donations that can be raised. In addition it can also mean that the employees of local businesses can take part in the tournament if they wish. The more people taking part the more sponsorship money can be raised.



H.

HALLOWEEN BALL

Sell tickets to a fancy dress ball or party.

HOST A DINNER PARTY

Invite your friends around for a lovely dinner with drinks, ask them to donate £10 to the 737 Challenge Dinner and Bring a bottle!

HOST A DRINKS NIGHT

Ask everyone to donate £5 to the 737 Challenge when organising a night out with friends/family.

I.

ICE CREAM

How much ice cream can you eat in a minute? Ask people to sponsor you and find out. A great one in the Summer months for the children, or even the big children!

J.

JUMBLE SALE

People love a good rummage and it's always a good fundraiser. Place a few tables outside your house and get rid of all those things you have been meaning to send to the Charity Shops.



K.

KARAOKE EVENING

Ask a local pub to host a Karaoke night for you and charge people to get in or take part. Organise a prize for the best singer.



L.

LUNCH MONEY

Ask all your colleagues to bring in sandwiches for their lunch and donate the money they saved to charity.

LUNCHTIME QUIZ

Stimulate the mind before heading back for the afternoon slog. Get together teams and charge to take part. Charge your colleague a few pound to join in!



M.

MATCH THE PET TO THE OWNER COMPETITION

Ask your colleagues to bring in one photo of themselves and one of their pet. Charge people £1 a time to match up all the photographs

MASKED BALL

Everyone wears a mask of his or her choice. Raise money by selling tickets to your event.

MURDER MYSTERY EVENING

MOUNTAIN

Why don't you set yourself your very own challenge and climb a mountain to raise funds for the 737 Challenge. Maybe you and your school or workmates could climb Pen Y Fan in the Beacons or take on Mount Snowdon. The more adventurous could climb Ben Nevis. Or what about climbing some peaks such as Scafell Pike or even take on the three peaks challenge.



N.

NIGHT IN

Stay in on a Saturday night and the money you save, donate to The 737 Challenge Charity.

NO SMOKING

Get people to sponsor you for giving up cigarettes. For every cigarette ask them to sponsor you £1.

NO DRINKING

Revitalise your body and give up the bottle for a few weeks - ask people to sponsor you. For every day/weekend you say no!

O.

OPEN DAY

If you have a colourful garden, let all those garden lovers come and admire, for a charge.

P.

PUBLICITY

Send a press release to all your local papers asking for sponsorship from companies and individuals.

PHOTOGRAPHY COMPETITION

Invite your friends to get their baby photos out and pay £1.00 a go to 'guess the baby'.



Q.

QUIZ NIGHTS

Always a favourite whether it is at home at work, in a club or in your local. Remember... Charge people to take part.

QUESTION OF SPORT

All you sports fanatics, make up your own questions and test your friends' knowledge. Create a fun night for all the family/friends.

R.

RACE NIGHT

Hold a race night in aid of The 737 Challenge.

RUGBY

Hold a rugby tournament or charity match. Ask the teams to pay a fee for entry and don't forget to send us your pictures.

S.

SCHOOL

Your school could raise funds too. Maybe you could even tie it in with a school project on the challenge.

SNACK ATTACK

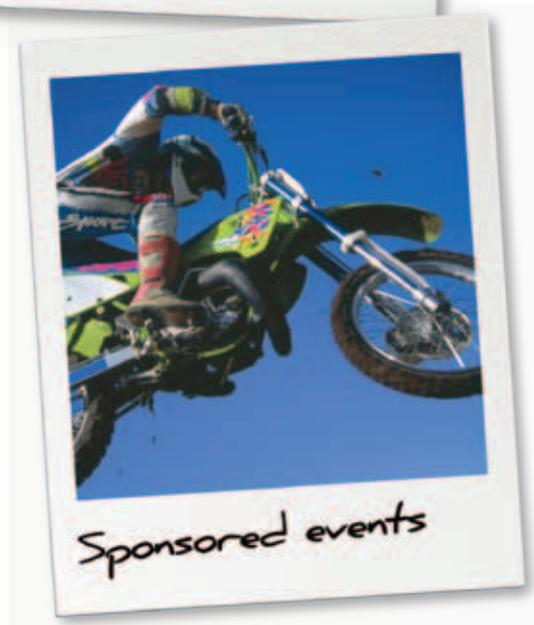
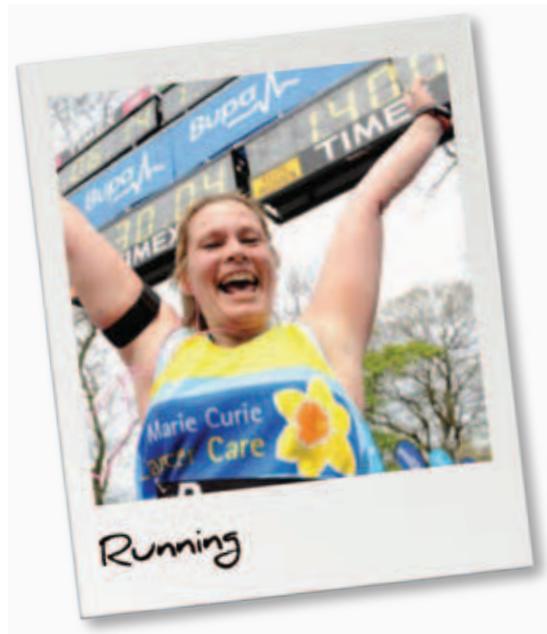
Everyone gets peckish in the middle of the morning, so hold a cake or biscuit sale. Christmas Cake Stand at your local school/ local shop/village hall or just Sell handmade Cookies/Christmas Decorations/Christmas Cards to friends and family.

SWEEPSTAKE

Run a sweepstake in the office or amongst friends, maybe on a sporting event like the grand national, Charge £1.00 to have a go.

SPONSORED EVENTS

Bike ride, walk, silence, swim, slim, headshave.



T.

TREASURE HUNT

A challenge event for people, and a fun way to raise big money.

THEME DAYS/NIGHTS

Jazz up the winter months and hold a themed event.

TOMBOLA

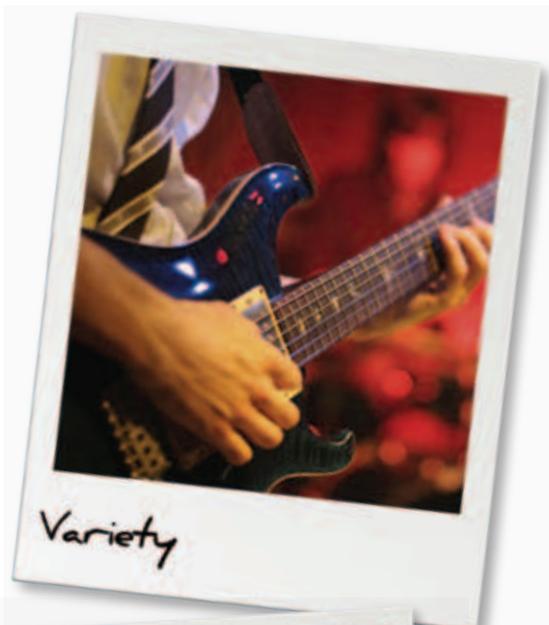
Get some raffle tickets and persuade your friends and colleagues to donate prizes.



U.

UNIVERSITY CHALLENGE

Collect together teams who attend the same or nearby universities and hold a challenge to see which university comes top. Charge for the team to enter and audience to watch!



V.

VARIETY

Show Round up your talented friends and tread the boards, charging for admission. Ask your local school to host it. Ask the school band to play.

W.

WINE TASTING

Invite an 'expert' or local wine dealer to bring along a few cases of wine and donate some of the proceeds to charity. Sell tickets, ask a local cheese company to come along and support by offering cheese tastings!



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THE HORIZON IS ONLY
THE LIMIT OF OUR SIGHT

WWW.737CHALLENGE.COM