

Your tried and tested Autumn fundraising ideas



We've pulled together some of our best seasonal fundraising ideas that are both easy and effective! All of these ideas work just as well in public, in groups or virtually.

You may wish to charge an entry fee for friends or colleagues to take part in these fun activities and may even choose to award prizes to the winners of each challenge! Most of all, have fun and enjoy yourself whilst knowing you are making a difference to the 2.5 million patients who will benefit from your fundraising efforts.

We advise all of our supporters to set up a JustGiving page. Setting up an online fundraising platform will not only give you a place to direct people to make an online donation, but it will also allow you to keep track of your fundraising.

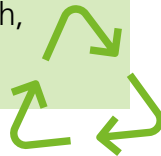
Car Free Day

Enjoy the health benefits and fresh air by walking to work on World Car Free Day in September and donate the proceeds you've saved on petrol or public transport fares.



Recycle Awareness Week

Arrange a declutter of all your old stuff in September. Encourage your friends to do the same and recycle your old wares for cash, donating the proceeds to charity.



Talk Like a Pirate Day

Channel your inner Jack Sparrow or Long John Silver and ask friends and colleagues to sponsor you to talk like a pirate for the entire day. It's sure to create a bit of a stir with hilarious results!



Roald Dahl Day

Whether you prefer the BFG or Willy Wonka, pay homage to the much-loved children's author by holding a Roald Dahl character fancy dress competition. Pay a suggested entry fee and pick a character out of a hat to dress up as.



Perfect your pumpkin carving

Organise a pumpkin carving competition and see which of your friends can create the best or the scariest pumpkin.



In support of:

Manchester Royal Infirmary
Wythenshawe Hospital
Royal Manchester Children's Hospital
Manchester Royal Eye Hospital
Saint Mary's Hospital

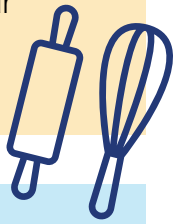
University Dental Hospital of Manchester
Withington Community Hospital
Trafford General Hospital
Altrincham Hospital
North Manchester General Hospital



Manchester Foundation
Trust **Charity**

National Baking Week

We all know someone that loves to bake! Why not ask your baking friends if they could bake some popular cakes to sell at your work place and ask for a donation to purchase a cake.



Sober October

Get healthy and take on a detox, ditching the alcohol for a month. Donate all of the money you would usually spend on a cheeky tippie to charity.

National Curry Week

Ask your friends and family to cook up a variety of curries and host a curry night at home, or a curry lunch at work, and ask people for a small donation to join in.



National Chilli Month

Put your tastebuds to the test in October and throw a 'how hot can you handle' tasting competition to test the spiciest of palates!

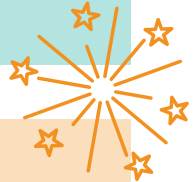
Halloween

Hold a fancy dress competition with friends or colleagues for a ghoulishly fun way to raise money!



Remember remember

Put everyone's memory to the test by showing each participant an image containing 30 items for a 30 second duration. Ask them to write down as many of the items that they can remember – the winner is the person who remembers the most items. In the event of a tie break, you could choose to show a further image with as many items.



Firework bakes

Bake your most flamboyant cakes or cookies with firework decorations and sell them to your friends or colleagues.



Penny for the Guy

Dig out your old clothes and host a competition for the best Guy or Penny! Everyone should pay at least £2 to enter.

Treacle and toffee treats

Create your own delicious toffee apples or treacle toffee and sell them during lunch at your work place - they will go down a treat!



We can support you with planning your activity and would love to hear how your fundraising is going.

Please get in touch with the Events Team on charity.events@mft.nhs.uk or call **0161 276 4522** for any further information or advice.



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