

At work

Sweepstakes – Hold an office sweepstake, be it the Grand National or guessing the name of the bosses' childhood fish! To give everyone a fair chance, collect in all the money *before* you allocate the names by lucky dip. Donate a percentage of winnings to Mind in Harrow.

Office Tuck Shop – stock up on fruit, chocolate and crisps, then set up a stall at work and sell them to your colleagues. Charge a bit more than the usual retail price. This has been known to raise about £50 a month in an office of 120 people.

'Guess the baby' competition - Especially good if you can get the boss involved! Embarrassment is guaranteed when you collect everyone's baby photos! Charge £2 per person to guess identities. The bashful winner and Mind in Harrow split the pot.

Sponsored head or beard shave – Get rid of that shock of hair, not to mention that goatee! Applies to moustaches too. Or how about a sponsored chest wax - ouch!

Dress Down Day – Have a 'Casual Friday' or maybe a 'Blue Monday' and charge everyone a pound to take part. Can be done at work or in your child's school.

Fun with friends

Quizzes – a sure success as everyone loves the chance to show off their knowledge! Make it a fun event and offer drinks or light refreshments. Charge an entrance fee and award prizes for winning, losing, most imaginative answer etc.

Cheese and wine tasting – Get your friends together for a mouth-watering evening. Aim for 10-20 people and charge them £10 or £20 each. For that, you can provide a fine selection of wines and cheeses with crackers, bread, fruit or celery – whatever you fancy. But don't be too extravagant or you won't have anything left to donate to Mind in Harrow!

Car boot it – gather quality unwanted items from your friends and rope them in to help you sell the donated goods at a local car boot sale. Great excuse to de-clutter your home!

Presents galore – If you have a special birthday or anniversary approaching, ask for donations to Mind in Harrow instead of presents.

Home & Family

Go out – Go bowling, to the theatre or a restaurant with your nearest and dearest, for a set price including a donation to Mind in Harrow. Maximise the donation by arranging a charity discount with your venue. Job done!

Coffee Morning – Invite friends and neighbours over for coffee and homemade cakes. Charge £5 donation (entrance fee) and ask everybody to bring two good used paperback books to sell for £1 each

Auction of promises – Ask friends and neighbours to donate an evening's babysitting, an afternoon's ironing, a day's gardening, or whatever else you can think of. Ask local hair-dressers, cafes and shops to take part too. Then take the highest bids. It can even all be done on-line!

Car rally – organise a treasure hunt or car rally - with the destination being a favoured meeting place where people can have a bite to eat and drink – don't forget to organise a raffle for extra cash for Mind in Harrow.

Sport

Fun Run or sponsored walk – visit www.mindinharrow.org.uk for details of our latest Superhero Sprint or Santa Stroll

Jump out of a plane – with a parachute of course and get your nearest and dearest to sponsor you to do so! Contact Marilyn at Mind in Harrow if you want to know more...

Sponsored swim or bike to Brighton – organise a sponsored swim or bike ride or join our annual London to Brighton Bike Ride, with a free lunch to boot! Contact Marilyn at Mind in Harrow if you want to know more...

Climb Kilimanjaro, or climb the UK's three highest peaks in 24 hours – There are many UK and overseas challenges and feats you can undertake to raise funds for Mind in Harrow. Contact www.utc.com to find out more

Fundraising Materials Available

- Collection tins
- Collection buckets
- Sponsorship forms
- Lapel Stickers



132-134 College Road, Harrow, Middx HA1 1BQ T: 020 8426 0929 www.mindinharrow.org.uk

Reg charity no. 1067480