

# AUTISTICA

Building brighter futures through autism research

## Putting the fun back into fundraising

Decided to raise some dosh for Autistica? Fantastic! If you're not sure where to start, this A-Z guide is packed with ideas that make fundraising as easy as ABC.



Get your friends, family and colleagues to dig deep so we can unlock answers to help individuals and families living with autism in the UK. Don't forget to tell people about why you are supporting us – a personal story goes a long way.

If you need any materials or support to aid your fundraising efforts get in touch via [friends@autistica.org.uk](mailto:friends@autistica.org.uk) or on **0203 857 4343**

<b>A</b>	<b>AUCTION</b>	Ask friends and family to donate any unwanted gifts or furniture, grab a hammer and start the bidding.
<b>B</b>	<b>BEAUTY SALON</b>	If beauty therapy's your bag, you could offer neighbours, friends and family home visit manicures, facials and pedicures.
<b>C</b>	<b>CAKE BAKE</b>	Get your apron on and bake some yummy cakes to sell to friends, family and colleagues.
<b>D</b>	<b>DINNER PARTY</b>	Host a swanky charity dinner party and ask your guests to give a big tip.
<b>E</b>	<b>EATING</b>	Stop eating, no cheating! Get sponsored to give up your favourite food for a month.
<b>F</b>	<b>FANCY DRESS</b>	Have a fancy dress party or day at work and ask participants to donate.
<b>G</b>	<b>GAMING</b>	Give your thumbs a real workout. Complete a 24-hour gameathon and ask your buddies, online and IRL, to donate.
<b>H</b>	<b>HAIR</b>	Shave it, style it, dye it, grow it! Whether blue beard or mohican, the weirder you go, the more money you can raise.
<b>I</b>	<b>INDOOR SPORT</b>	Hold an indoor sports tournament and charge a fee. Basketball, five-a-side or whatever sounds fun.
<b>J</b>	<b>JUMP!</b>	Take the plunge for Autistica – drum up sponsorship for a skydive or bungee jump.
<b>K</b>	<b>KARAOKE CONTEST</b>	Ask your local pub to host and charge wannabe warblers to take part.
<b>L</b>	<b>LUNCH</b>	Organise a fundraising lunch at work, school or in your community centre. Sandwiches or pizza are good places to start.
<b>M</b>	<b>MUSIC CONCERT</b>	Round up any local singers or musicians to play an Autistica benefit gig and charge for tickets – try approaching your local pub or coffee shop as a free venue.
<b>N</b>	<b>NON-UNIFORM DAY</b>	Free your school from the uniformity of uniforms, if only for a day!

<b>O</b>	<b>OCCASIONS</b>	Whether it's a birthday, graduation or Christmas, ask family and friends for donations instead of gifts.
<b>P</b>	<b>PICNIC</b>	A picnic gives you a great chance to have fun in the sun. Organise some games, fire up the barbeque and ask friends or workmates to throw in a few quid.
<b>Q</b>	<b>QUIZ NIGHT</b>	Everyone loves a good pub quiz – put together a quizzical challenge for your company, school or local pub and charge an entry fee.
<b>R</b>	<b>RAFFLE</b>	Ask local companies to donate prizes in exchange for publicity.
<b>S</b>	<b>SILENCE</b>	If you're a chatterbox, get sponsored to do a 24-hour silence.
<b>T</b>	<b>THEMED FUN</b>	Is Halloween coming up? Host a horror movie night. Disappointing summer? Get a bucket of sand and have an indoor beach party. Everyone loves a theme!
<b>U</b>	<b>UNFASHIONABLE</b>	We've all got something scary lurking at the back of our wardrobe. Swallow your pride and dress deeply uncool for a day. The worse you look, the more you'll raise.
<b>V</b>	<b>VOLUNTEER</b>	Offer people in your neighbourhood a helping hand for odd jobs in return for a donation. Car washing, lawn mowing, painting, dog walking – it's up to you.
<b>W</b>	<b>WINE TASTING</b>	Host a tasting session, asking a local wine merchant to donate a few tasting bottles and a percentage of any additional bottles sold.
<b>X</b>	<b>XMAS CRAFTS</b>	Homemade crafts make fabulous festive gifts. Sell them on eBay, Etsy or set up a stall at work or at school.
<b>Y</b>	<b>YES DAY</b>	One day where you have to say 'yes' to everything, in exchange for donations. The more outlandish the demand, the more you can demand in return.
<b>Z</b>	<b>ZUMBA</b>	Get fit while getting sponsorship. Arrange a Zumba dance marathon event and see how far you can push your bodies for a good cause.

Whatever you decide to do,  
we wish you the best of luck.  
**Happy fundraising!**



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