

GET INVOLVED

Sponsored & competitive events

The saying goes...
'if it moves—it can be sponsored'



endometriosis uk

email: fundraising@endometriosis-uk.org

www.endometriosis-uk.org

providing support increasing understanding

Almost every activity you can think of can be turned into a sponsored fundraising event — running, walking, cycling, reading — even getting your hair cut or having your beard shaved off!

Give your event a social side to get lots of people involved at the same place at the same time and have even more fun! You could also try to get your local paper involved!

On your bike

Keen cyclist? Got some friends who could join you on a sponsored bike ride? Make it an interesting route and arrange for refreshments to be provided along the way.

Sponsored walk

Been there, done that, bought the t-shirt? OK, well how about a three-legged sponsored walk in fancy dress

Run for fun

Do you like to run, but not too far? Why not get together with some friends and participate in a fun run, many towns run local ones where you can raise funds for your chosen charity.

In the swim

You could organise a sponsored swim with your friends at your local pool

Aerobic antics

Do you go to a really good aerobics class? Why not ask your instructor if they would consider organising a sponsored aerobics marathon?

Sponsored silence

This is a great one for the kids to do. Get your friends and family to sponsor your children to be silent for a set length of time

Give it up

Sponsor members of the family to give up their worse habits for the week — to benefit the charity AND the family! And each time they forget they have to pay a fine.

Golf fundraising

Prizes and sponsorship can be incorporated around: Winning team, putting competition, nearest the pin, longest drive... and of course booby prizes.

Squash, badminton and tennis ladders

This is the ideal way to play against lots of different people at lunchtime or after work. Choose which sport is

best, depending on local facilities and likely number of players. Enrol about 10 teams and charge a fee.

Pull a name out of the hat to obtain the initial starting position on the ladder (ie first out of the hat is at the top, last is at the bottom). A player can challenge anyone up to three places above him/her on the ladder, and all those challenged must play the challenger. If the challenger wins, the players swap places on the ladder. Allow six to eight weeks for the competition, and give a prize to the overall winner of the ladder.

Cricket match/football/netball tournament

Charge people to join a team and have a knockout tournament. Charge admission to all your spectators and sell refreshments.

Sweepstake

Run a sweepstake at work for the Grand National and donate half of the money to Endometriosis UK

Pancake race!

On Shrove Tuesday, hold a traditional pancake race. If you do this after work/school, you could finish the day off with a pancake party!

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Karaoke night

Guaranteed hilarity with your friends. Ask a local pub if they'll give you a free room. If they don't have a karaoke machine, see if you can get a good deal from an independent supplier. Charge singers £1 to take part. Then charge the rest of the crowd £2 each to get them off the stage!! Make sure you publicise it well in advance. It's a great idea to have a karaoke night in your work place, boss permitting. Of course if your local pub has a regular karaoke night, or quiz, or disco, you could just persuade them to hold one of them in aid of the Endometriosis UK!

The Intercompany Tournament/It's a Knockout

This is a really good idea for teambuilding. Organise an intercompany tournament at a local leisure centre featuring all your favourite sports. You could try your favourite sports with a twist – three legged hockey or football, basketball on roller skates or a blindfold relay race.

Blindfold ten pin bowling

Some people actually play better this way! Participants pay to enter and the winner gets a prize. This can be a hilarious evening out for you and your friends.

Barmy bed race

This is always popular as a trial of strength and a team building exercise, but remember to let the police know if you intend to use public roads

Gladiators

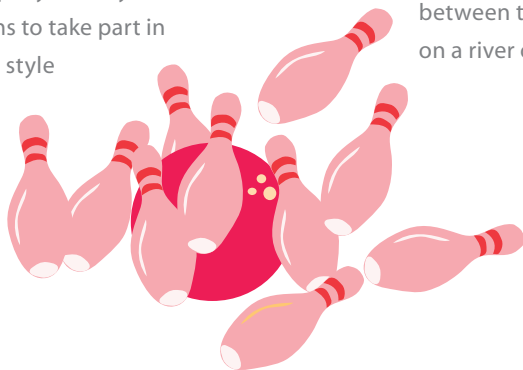
Have a company fun day and charge teams to take part in a Gladiators style knockout league.

Casino night

An entrance fee buys a standard sum of 'funny' money that can be bet throughout the night, with a prize for the top winner at the end of the session. Hire of the equipment can be used to make it more suitable for a larger event. These can be brilliant fun and suitable for everyone.

Quackers duck race

A modern variation of 'pooh sticks'. Each person purchases a duck (plastic ducks are recommended) and the ducks are allowed to race between two points on a river or stream.



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