

Cystic Fibrosis a fight we must win

Whilst we're all stuck at home, why not look at our Virtual Fundraising Ideas to keep ourselves busy, entertained and raise funds for the Cystic Fibrosis Trust?



A.

- **Art auction** – why not get creative and bid off your favourite piece to your friends and family.

B.

- **Bad hair/tie day** – Surprise your colleagues on video meetings with a sponsored bad hair or tie day. Make sure you let your boss know beforehand.
- **Bingo night** – You don't have to be in the same house to get a full house? Connect with up to 18 friends and play the nation's favourite game.
- **Birthday fundraisers** – You can ask your friends to donate to the Cystic Fibrosis Trust as part of a birthday fundraiser, on social media, for you!
- **BIG YELLOW PARTY!** – Host your virtual Big Yellow Party with all your friends and family!

C.

- **Cooking challenge** – Challenge your friends to cook with four ingredients from their house – Watch, chat and eat in awe.
- **Coffee morning** – Shop bought or home cooked! It will be “virtually” impossible to tell the difference.

D.

- **Dinner party** – Watch and eat in awe of all your family and friends creations. Agree your meal of choice with a group of friends, then video call to cook, eat and be merry! Extra marks for whoever provides the best entertainment on the night.
- **Dance & disco** – Crank it up, or tone it down with a silent disco.

E.

- **Exercise class** – Do you think you could teach the world a thing or two about exercise? Why not host a class?
- **Ebay Selling** – raise money by decluttering.

F.

- **Fashion at home** – Empty your wardrobes and give your friends a fashion show then swap advice and restyle each other. Where would you wear this outfit?
- **Fundraise whilst you shop** – Fundraise whilst you shop with AmazonSmile and EasyFundraising.

G.

- **Gaming** – Choose your Challenge! Pick your game and set your target, ideas include going for a gaming marathon, tournament or a high score. Use the hashtag #CFNextLevel to send out the message about your gaming adventure
- **Games night** – Who's the Monopoly champion? Get your friends on a group call and pay to play!
- **Give it up!** – Sponsored forsaking of alcohol, chocolate or crisps.

H.

- **Head shave** – Brave the shave!

I.

- **International night** – Order from your local takeaway, put on a International film on and enjoy your International-themed evening.

J.

- **Jazz night** – Donate your virtual bar bill
- **Jokeathon** – Set up a group chat with all your friends and start sharing your best jokes, you can all vote the best one by 'liking' each message that comes in. Loser pays the forfeit.

K.

- **Karaoke** – Group video call: mute your mics until it's your turn to sing – then give it your all!



Cystic Fibrosis a fight we must win

L.

- **Ladies/lads night in** – Swap your night out for a virtual night in with fun, games, and good times.

M.



- **Musical evening** – Choose your favourite sing-a-long and exercise your lungs
- **Matched giving** – Don't forget to let your workplace know that you are fundraising, as many have companies have schemes where they will match the money that you have raised.

N.

- **Netflix party** – www.netflixparty.com Saving on your cinema ticket whilst staying home? Donate your savings and host a group film night through Netflix party instead! Agree on what to watch and enjoy the film together from the comfort of your own homes.

O.



- **Obstacle course** – Set up a course in your garden and get the whole family (and dog!) involved.
- **Online Gig** – You can even hold this live on Facebook or Instagram live. Set up a donate now or JustGiving page so that those that can make a donation.

P.



- **Paint party** – Prosecco and paint brushes - choose a theme and paint a picture as you raise funds! Send your pictures in to us!
- **Pamper day** – Relax with your favourite people online for an hour or two.
- **Poker night** – Bluff your way to victory.



Q.

- **Quiz night** – Let's get quizzical! There is Skype, Zoom, WhatsApp, FaceTime or Google Hangouts to name a few.

R.

- **Raffle** – Gather your prizes and pick the prize winners through an online generator: commentpicker.com/random-name-picker.php

S.

- **Sell your items** – This is a great time for a clear out! Dig out your old things and sell them online!
- **Shop and swap** – Organise a group shop and swap where everyone showcases the items they would like to find a new home – get shopping and swapping.
- **Sponsored shave/wax** – Be brave, be bold and go bald!

T.

- **Tea-party!** – Whether it be Afternoon Tea in the garden or a Brew on the sofa.

U.

- **Upcycle** – Upcycle your furniture, sell and donate the profits... why not compete with your friends to see who can upcycle the most?



V.

- **Virtual fitness marathon** – Join a team or go it alone – how far can you run, walk or cycle in 24 hours?

W.

- **Walk for CF** – 10,500 people live with CF in the UK. Why not see if you can walk 10,500 steps a day? Up and down the stairs, around your gardens, or chasing your little brother around the house! (Just stay safe).

X.

- **X-Factor party** – Put on a show for your friends and family – get your hairbrush microphones out and do your worst!
- **Xtra** – Be extra-special and arrange your own virtual fundraising event.
- **X-Box day** – Either play a marathon 12 hours or stay off-line for 12 hours!

Y.

- **Yellow-themed Party** – Support your favourite charity by spending your day in Yellow. Wear yellow, eat yellow food and live yellow!
- **Yoga** – Feeling sluggish at home? Roll out that yoga mat and raise a leg and some pennies.

Z.

- **Zumba class** – Keep fit whilst staying in by dusting off your dancing shoes and leg warmers!
- **Zoom party** – See all your favourite faces, and most importantly have fun.

