

With your help, let's beat anxiety together



Could you be our next fundraising hero?

During these difficult times we need your support more than ever. There are many ways that you are able to fundraise and support Anxiety UK from marathons to online gaming challenges. To get involved please see our website for more information: www.anxietyuk.co.uk or email admin@anxietyuk.org.uk

A-Z Of Ways To Fundraise For Anxiety UK

- A – Afternoon Tea Fundraiser** – Why not host an Afternoon Tea event and gather your family and friends to enjoy tea and cakes all while raising funds for Anxiety UK?
- Auction** – Do you have items that you are looking to clear out? You could auction your items off and donate the income to us!
- B – Bake Off/Bakeathon** – Why not use your baking skills to host a bake off event or bakeathon by charging an entry fee to then donate to Anxiety UK
- Beard Shave** – Brave the shave for charity!
- C – Coffee Morning** – Coffee mornings are a great way to fundraise while gathering friends and family for a chat and a get together
- Cycling** - If you love to cycle, why not set yourself a challenge in order to fundraise for Anxiety UK?
- D – Dry January** – Giving up alcohol for Dry January could be a great way for you to fundraise for charity
- Dance-Off** – Dance-Offs are a fantastic and fun way to raise funds for Anxiety UK
- E – E-Sports Marathon** – Get your friends together for an E-Sports marathon!
- Exercise Challenge** – From press up challenges to yoga marathons, exercise challenges are a great fundraising idea
- Eurovision Party** – If you love Eurovision, why not host a fundraiser Eurovision Party and donate entry funds to Anxiety UK?
- F – Film Night Fundraiser** - Gather your friends, popcorn and your favourite films for a film night fundraiser.
- Fancy Dress Competition** – Get your glad rags on for a fun fancy dress fundraiser!
- G – Games Night** – Grab your games and host a charity games night!
- Golf Tournament** - Golf tournaments are a great way to raise money for Anxiety UK by hosting a tournament with entry fees
- H – Haircut for Charity** – Why not brave the chop with a sponsored haircut and donate the money raised to charity
- Hiking Challenge** – Taking part in a charity hike is not only a great way to fundraise for Anxiety UK but it's a great way to spend time outside in nature!
- I – International Food Night** – Friends, food and fundraising! Gather your friends and host an international food night to have fun and fundraise for Anxiety UK! You could

even get everyone involved by asking guests to bring their favourite cuisine to the party

It's a Knockout – It's a Knockout is a great way to fundraise for Anxiety UK!

J – Jazz Night – Jazz nights are the perfect opportunity to relax while listening to great tunes all while being a fundraising hero!

K – Karaoke Night – Grab the mic and sing your heart out for charity!

L – Litter Pick – Litter picking not only is a great way to clean up your community, but it is a great way to fundraise for Anxiety UK by completing a sponsored litter pick

Ladies' Night – Get your friends and family together for a fun-filled ladies' night

M – Murder Mystery Night – Who did it? Find out by hosting a Murder Mystery Night for charity!

N – New Year Resolutions – Turn your New Year Resolution into a fundraising event and donate the funds to Anxiety UK!

O – Obstacle Race – who will be the quickest to complete the fundraising obstacle race?

P – Pumpkin Carving Contest – cosy nights and pumpkin carving, what better way to spend the evening than fundraising for Anxiety UK!

Pyjama Day – Grab your PJs and head out to fundraise for Anxiety UK! What a great and simple way to raise funds for such an important cause

Pancake Day – Why not use this pancake day as a fundraising opportunity?

Q – Quiz Night – test your knowledge with a fundraising quiz night for Anxiety UK

R – Race Evening – What better way to fundraise than a night at the races event!

S – Swear Jar – input your fines for bad language in your swear jar and donate the funds to charity

Sponsored Silence – Why not take part in a sponsored silence for Anxiety UK?

Swim Challenge – Swim an iconic or set distance and get sponsored for your swim!

T – Tennis Tournament – have some fun fundraising and host a tennis tournament for charity!

Triathlon – swim, cycle and run for charity with a triathlon challenge!

U – Uniform free day – ditch the uniform for charity and have a non-uniform day in exchange for a small fee

V – Video Game Challenge/Marathon - Why not take your fundraising plans to the next level and organise a gaming challenge or even a gaming marathon to raise funds for Anxiety UK

W - Walk to work – walk to work and raise funds for Anxiety UK along with helping to improve your physical and mental health

X – XC Mountain Bike Challenge – Set yourself a charity cross-country mountain biking challenge in order to raise funds for a great cause

X-Factor Competition – do you have what it takes to win your very own X-Factor competition? Why not host one of your own to find out!

Y – Yes Day – Get sponsored to say ‘Yes’ to everything for one day for charity

Z – Zipline Challenge – whizz through the air in the name of charity to raise funds for Anxiety UK!

Zumba Marathon – Dance for donations or even donate the cost of your usual Zumba class to Anxiety UK instead