



# Anxiety UK

## Fundraising Inspiration

*With your help, we can help make  
the despair caused by anxiety a thing  
of the past*



# Fundraising Options

Every successful fundraiser starts with one thing: a great idea. Decide on the activity you'd like to undertake to raise money for us. You may be a keen runner turning your latest marathon into an opportunity to raise awareness or you might be pushing your courage to the limit by doing a sponsored skydive.

Not every event needs to be a physical activity. Some people give up chocolate or alcohol for a month, or make and sell crafts to donate the profits. The key thing is that you start with something you're enthusiastic about.

[Click here for our A-Z of fundraising ideas](#)

Once you have chosen your activity, have a read through our [Fundraising Pack](#) to help get you started!

# Benefits of Fundraising

Of course we know that fundraising helps support Anxiety UK and the work we do but there's much more to it than that! You get to develop skills, whether that be event planning or marathon training, and, your contributing to the bigger picture of doing good.

## Do good for you

A 2022 study, (Cregg & Cheavens, 2022) has found that acts of kindness not only benefit the recipient but you as the supporter. This means that not only does your act of kindness benefit Anxiety UK, it may also have a positive effect on you too!

## Do good for us

It sounds like a cliché, but it's true - every penny you raise really helps.  
£25 pays for a month's worth of text responses to those who reach out for support  
£50 pays for the training of one new helpline volunteer  
£100 pays to support our volunteers with external supervision and CPD; ensuring we look after the wellbeing of our incredible people who help others  
£1500 pays us to keep our phone helpline running for 1 month

## Do good for the environment

As a charity that supports those affected by anxiety, we recognise that mental health and the planet's wellbeing are intrinsically linked and understand the importance and urgency of addressing environmental issues and climate change. Underlining that commitment, we have pledged to plant a tree for every new fundraiser that signs up to fundraise for us and with your help we can:  
*PROTECT the environment – IMPROVE mental health – REDUCE anxiety*

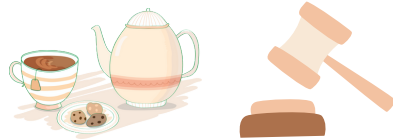


# A-Z of Ideas

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?

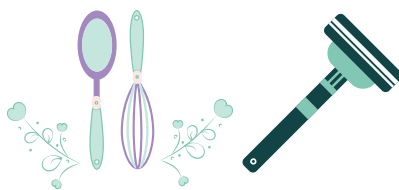
Auction - Do you have items that you are looking to clear out? You could auction your items off and donate the income to us!



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.

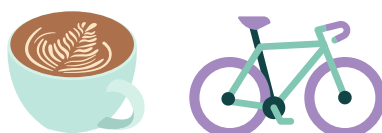
Beard Shave - Brave the shave for charity!



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?



# A-Z of Ideas

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 –

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!

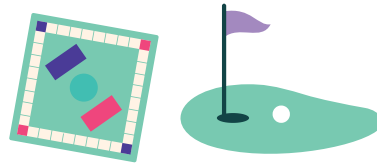


# A-Z of Ideas

G -

Games Night/Gaming Marathon - Grab your games and host a charity games night or gaming marathon!

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!



# A-Z of Ideas

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!



# A-Z of Ideas

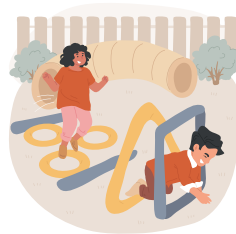
N –

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?

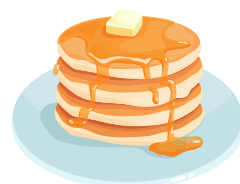


P –

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?





# A-Z of Ideas

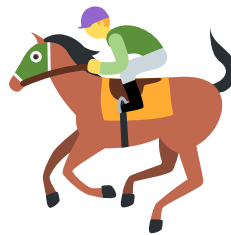
Q -

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!

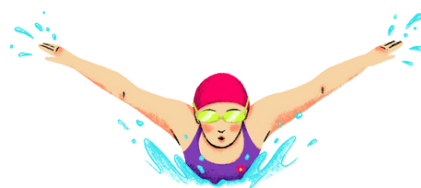


S -

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!



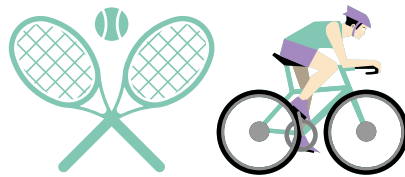
SHHHH...

# A-Z of Ideas

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



# A-Z of Ideas

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



# Other ways to donate

Make a Donation - If you'd simply like to donate, do this [here](#).

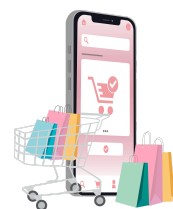
Charity Car UK - We're part of a great scheme called [Charity Car UK](#). If you've got a scrap or used car you need to get rid of, they will take care of it and donate the proceeds to us!

Collection Pot - Collection Pot offers an easy and fun way to collect funds that you have raised for Anxiety UK. Find out [more here](#)!

Giving Checkout - Giving Checkout is a fast and easy way that allows you to donate to Anxiety UK. All you have to do is follow [this link](#) and enter your donation amount. Click [above to donate](#)

easyfundraising - We've registered Anxiety UK with easyfundraising, which means over 7,000 shops and sites will now donate to us for FREE every time you use easyfundraising to shop with them. These donations will help SO MUCH, so please [sign up](#) to support us - it's completely FREE and doesn't take long

eBay - If you favourite us on [eBay](#), this gives you the option to donate to us whenever you make a purchase via PayPal! You can also check out our very own eBay shop for a variety of items, see [here](#)



# Useful Contacts

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

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Established 1970

Registered charity no: 1113403

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