

Sweatember fundraising ideas

To make sure you're rewarded for your efforts we've put together these handy fundraising tips and ideas to kick-start your challenge.

Kick-starters

Get off to a flyer!

You're signed up and raring to go. What now? Where to begin? Show potential supporters that you're committed and kick off the donations yourself with a contribution to your Cancer Research UK Giving Page.

Tell your story

Our most successful fundraisers often have really personal Giving Pages. Kit yours out with the works – consider including the story of why you've decided to take part, regular

updates, photos, and of course a thank you to your lovely donors!

Team up

Encourage your friends and family to sign up to Sweatember too. By joining together to fundraise or take on the challenge, you can make Sweatember a real team effort.

Promote yourself online!

There are loads of great ways to make sure everyone knows you're taking on Sweatember. Share your Giving Page across your social networks and with your email contacts for some instant results.



Together we will beat cancer

Fundraising events

Host a quiz night

Everyone loves a quiz - make sure some of the questions are sports and exercise themed!

Wrap up event

"I'll donate when you've done it!" Hold doubters to their word with a wrap up event at the end of your month, and lap up those last minute donations!



At the office

Office treats

Keep it simple. You can always rely on a bake sale to whip up a few pounds.

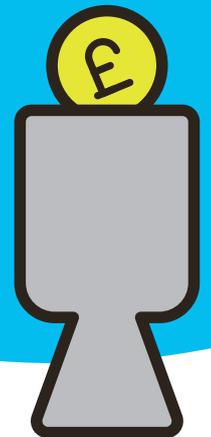
Delight your colleagues with some treats in exchange for them topping up your funds.

Ask your employer

Undertaking the challenge will make you feel more energised for the working day. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation, or match the funds that you raise.

Collect on the desk

A collection on your desk is the perfect way for your colleagues to show their support – see if you can get it full of spare change by the end of the month!



Fundraising boosters

Film a video

Film a video of yourself to show that you're taking on Sweatember and share on your social media.

Put it to good use!

Why not offer to exercise at the same time as helping your friends and family? You could walk their dogs or collect their shopping, all for a donation of course.

Clear out the old

If you're a shopaholic why not have a clear out and sell off your old clothes? Try auctioning them online or heading to a car boot sale.



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