



Awyr Las Blue Sky

Am iechyd gwell yng Ngogledd Cymru
For brighter, better health in North Wales

Fundraising Ideas

Join in. Laugh together.
Challenge yourself. Say thank you.
Remember. Celebrate. **With us.**



We're the charity for better
healthcare in North Wales.
Because exceptional healthcare
needs exceptional support.



There are **so many brilliant ways** to **raise money** for patients in North Wales and their families. Here are just **some ideas** to help you decide what you want to do. Make your fundraising event or activity **brighter and better**, and bring lots of people together – **with us!**

Be creative. With us.

Art Competition & Exhibition Arrange an art competition and exhibition sale in your area and invite friends, schools and the local community to join in.

Bag Packing Pack bags at the checkout and take bags to people's cars in exchange for a donation. Contact your local supermarkets first to make sure they're on board!

Cake Sale Encourage your local community to have a 'bake off', set up a cake stall and get everyone involved in selecting the winning pud. Remember to contact the Environmental Health department at your local council for advice if you're selling food.

Duck Race Find a safe stretch of water and lots of plastic ducks. Number each duck and encourage people to give a recommended donation for a duck. Set the ducks off and the race is on to see which one crosses the finishing line first.

Easter Egg Hunt Hide Easter Eggs around a park or woodland area and ask friends and family for donations in return for taking part in the hunt!

Fun Run Dress up as a nurse, a doctor, a Robin (like hospital volunteers in North Wales) or anything you choose and join a local running event. Encourage friends, neighbours and colleagues to join in.

Make it safe. With us.

Quizzes Always popular and the subject can be very diverse – sport, general knowledge, pop music.

Relay Race Join a running event and invite friends and family to take turns as a tag team over different parts of the race. Team work all the way!

Have fun. With us.

Garden Party Organise a party and invite all of your friends and family. Invite other groups or organisations to stage stalls etc to add to the fun and variety of the event.

Host a Dinner Arrange a spread of food, invite friends to join you for a scrumptious evening. Ask for a donation from all your guests in advance. Why not ask them to return the favour, like 'Come Dine with Me'?

I've Got Talent Event Inspired by Britain's Got Talent, organise your own variety show.

Juice Sale Think of some fabulous fruity flavours and make some fresh juice to sell to friends and family.

Karaoke Night Who doesn't like a good ol' sing song? Arrange a Karaoke evening in your local pub and invite your friends.

Laugh Out Loud Organise a comedy day, where someone plans something funny on the hour or every half hour in your office or school.

Smile. With us.

Musical Quiz Get your thinking hats on and organise a quiz centred around music; choose a year, theme or mix it up!

Name the Toy Choose a cuddly toy and ask people to guess the name on a sweepstake. Whoever guesses right wins the toy.

Olympics Day Whether at home, school or in the office this is a great way to get everybody up and active with various games and sports activities.

Pancake Stall Make it a big event – run it on Shrove Tuesday or hold it on the nearest Saturday and invite everyone to try a variety of sweet and savoury pancakes.

With **Awyr Las**, you will **brighten patients' days** and help make their time in and out of hospital better. **With us**, your support goes over and above what the NHS can provide. **With us**, you really can **make a difference** for patients in North Wales.

Join together. **With us.**

Swimming Competition Organise a swimming event at your local leisure centre with prizes and lots of family and friend support.

TV Game Shows Adapting a well known TV game show – "Who wants to be a millionaire?", "A Question of Sport", "Name that Tune". Fantastic entertainment and loads of fun to organise.

Under the Hammer Set a group or team challenge to raise the most amount of money by hunting charity shops for valuable items and putting them up for auction.

Village Market Put you local community's skills to the test by organising a food and craft market. The more involved, the merrier!

Wine Tasting Bring your friends and family together with a special wine tasting evening with some cheese and crackers.

X Marks the Spot Create your very own treasure hunt with maps, clues and prizes. Take it to the next level and dress up as Pirates. Ahoy there me hearties!

Yes / No Game Who will succeed in answering a number of questions without saying Yes or No? Those who don't, make a donation.

Zumbathon Grab your dancing shoes, get those hips moving and test out your stamina by arranging none stop Zumba over a specific period of time. Exhausting but such fun!

We've tried to include a variety of ideas to inspire you – so we hope it's helped with your fundraising plans. Thank you in advance – **from us.**



With us.

With Awyr Las, you will brighten patients' days and help make their time in and out of hospital better.

With us, your support goes over and above what the NHS can provide. With us, you really can make a difference for patients in North Wales.

Whatever you decide to do to raise money for patients in North Wales, make sure you get in touch with the Fundraising Support Team. We can give you the authorisation you need to fundraise, along with advice and support to help you get the most out of your fundraising events and activities.

Get in touch. With us.

Call us on **01248 384395**, email us on awyrlas@wales.nhs.uk or make contact through **Facebook** or **Twitter**.

Our postal address is:

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