A to Z of fundraising

Whether you love getting active or prefer having a cuppa and cake, we hope you enjoy fundraising for MS-UK. Here are some ideas to help you plan your challenge…

A

Auction, Abseiling, Aerobics, Afternoon tea

B

Best of British day, Bag packing, Bungee jumping, Bucket collection, Baked bean bath

C

Car boot sale, Computer game night, Curry night, Cake sale, Car wash, Cheese and wine night

D

Dinner party, Disco, Dress down day, Dog walking, Duck race, Dye your hair

E

Egg and spoon race, Easter egg hunt, Eighties night, eBay sale

F

Fancy dress, Foreign money pot, Fashion show, Football tournament, Face painting, Fun run

G

Golf day, Garden party, Guessing game, Girls night

H

Head shave, Half marathon, Hiking, Halloween party

I

Ice cream shop, Inside out clothes day, It's a knockout

J

Jumble sale, JustGiving page, Jewellery sale, James Bond theme night

K

Karaoke night, Knit-a-thon

L

Line dancing, Lawn mowing, Ladies lunch

M

Marathon, Movie night, Man vs. food, Masked ball, Murder mystery night, Music festival

N

Non-uniform day, New Year's Eve party

O

Open mic night, Obstacle course, Office Olympics

P

Pancake race, Pet sitting, Poker night, Pamper party, Plant sale, Parachute jump

Q

Quiz night, Question of Sport

R

Race night, Raffle, Racing, Read-a-thon, Raft race, Running

S

Staircase climbing, Sponsored silence, Silent disco, Sports day, Skydiving, Sweepstake

T

Text message campaign, Tuck shop, Tea and coffee morning, Talent show, Trekking, Tombola

U

University challenge, Unwanted presents party, Ugly jumper day, Ultimate Frisbee match

V

Virgin Money Giving page, Variety show, Village fete, Vintage tea party, Virtual challenge

W

Waxing, Wine tasting, World record attempt, Weight loss, Walk-a-thon, Welly throwing

X

X Factor competition, Xbox challenge

Y

Yoga-thon, Yodelling competition

Z

Zumba-thon, Zip wire, Zodiac evening

Meet Angela

Angela is a MS-UK Helpline client, here's how they help...

'Everything from a blue badge, that precious little key for that disabled toilet that you know that you're going to need one day...advice you need...to make your own decisions to how you want to live with multiple sclerosis.'