

## FUNDRAISING IDEAS FOR COMPANIES

Help us help more women recover from domestic abuse

### Department team builder: Face the Fear and take the plunge!

#### Skydiving

*The most dangerous moment in our clients' lives is when they leave their perpetrator. It takes great courage. Our job is to support them in rebuilding their lives.*



**Skydiving is the perfect team building exercise.** It's a great test to see how effectively people can support each other. It's also a good way to get people to bond and work collaboratively. Furthermore, it is an excellent excuse to meet up if teams are working remotely.

The day is spent at the airfield so bring some Highly Effective Habits or some Growth Mindset exercises with you. North London Skydiving are able to film the descent for those who choose that option. <https://ukskydiving.com/skydiving-for-charity/>

**North London Skydiving offers £20 off their tandem skydives for people jumping for charity.**

### An Apprentice-style Challenge: Perfect for graduates and junior staff

*Teams must use their initiative, creativity and skills of persuasion.*



**Hold an Apprentice-style challenge for your employees / star graduates.** Create teams, each with a captain and give them a day, a weekend or even a week to work against a very visible clock and company-wide launch, to raise money in any which way they can within a strict time limit in the most creative ways possible.

Interacting with and showing their skills off to senior staff is a great way to see who should be in line for promotion!

**Make a big deal of it and get your competitors / suppliers to create a team / teams to go up against yours. There's nothing like getting your greatest business rivals to step up to the challenge – we all win!** Woman's Trust can provide a trophy for the most successful team and for the most creative team.

### Help Do Some Good: Help others so Woman's Trust can help more women who have experienced domestic abuse.

*Women who suffer domestic abuse are progressively cut off from their support network and often end up with nobody but the perpetrator. Help can be the toughest thing to ask for, and the hardest thing to get.*



**Staff members / teams offer to do something for a colleague**, someone in their business network, a neighbour or friend, etc, and ask them to donate to Woman's Trust in return.

- **Staff members get others to do something for or with them**, and the beneficiaries of this good deed donate to Women's Trust.
- People are **encouraged to nominate one or more other people to Help** out by spreading the word in-person, online and on social media and asking their peers and suppliers, competitors, staff families and friends

**Let's spread the love and Help out - everyone benefits.**

**REWARD** these inspirational do-gooders with a prize for:

- the most money raised
- the most creative idea
- the idea that generates the most publicity
- the team that successfully nominates the most people to do some good

**Work as individuals or teams.** Woman's Trust can provide a trophy for the top prize/s. **Work with us to publicise your support with this event as it snowballs.**

**ACTIVITIES:** We can provide an initial list of suggestions for ways to *Help* alongside rules/guidance we can agree on together.

## Other ways to raise money for Woman's Trust

- **Play 'Lost in London'** - Staff are dropped off at a mystery location and make their way back to campus/the pub or the office, completing challenges along the way, all without spending a single penny!
- **Take part in the Brighton Cycle Ride 2022**
- **Take part in the Royal Parks Half Marathon October 2022** or any other running event across the UK: <https://runforcharity.com/charity/womans-trust>
- **Climb a mountain or cycle to Paris!**
- **Tug-of-War** between offices!
- **Zip Wire** - An adrenaline blast! There are zip wires up and down the country offering a variety of different experiences. Have a look online and find the right challenge for your staff and their sponsors.
- **Cycle or walk to work and put the money saved in transport costs** towards your company's fundraising target. Try and get other people to do the same.
- **Dress up and run 5 or 10k as Santa** in December and take part in the largest Santa Run in London!
- **Baby It's You** - Colleagues each bring in a baby photo - have a competition to guess who's who for a small donation and the chance to win a prize.
- **Auction of promises at work** - Get all your work colleagues, bosses and their bosses, if you can, to auction off their skillset (in any area) for a certain number of hours to the highest bidder.

- **Donkey derby sweepstake** - Pick the ticket for a big race such as the Eurovision or FA Cup Final winner out of a hat.
- **Meal deals** - If you have a company canteen, see if they will donate £1 for every meal sold on a set day.
- **Pack your lunch** - See if staff members want to save money by bringing in their lunch instead of buying it for a week, and then donating the difference to your fundraising pot. Designate a week to do this and get the whole office involved – the money soon adds up!
- **Swear box** - Put a suitable receptacle: wastepaper bin, big mug, plant pot in the middle of the office and make anyone who utters a profanity, a word stronger than "sugar", pay a £1 fine. Fine them for being late to work or meetings or missing deadline!
- **Company miles** - Get everyone to do a sponsored mile of something – run, cycle, hop, or swim – there are endless options!
- **Hold a BBQ, sports day or party** - Sell tickets, hold a raffle, play rounders - anything you can think of that your colleagues might like to do.
- **Good Deeds - straight up.** It's more important than ever to be kind, so see if staff would like to set up a JustGiving page and get people to sponsor them to do a good deed each day for a week....or even a month! <https://www.justgiving.com/womanstrust>
- **Learning at Lunchtime** - Set up a time for people to meet and learn over lunch. Staff could invite a guest speaker to talk about a specialist subject or they could share their own skills with others.
- **Run a marathon or a half marathon** - This is their marathon, their way. See if staff will challenge themselves to run 26.2 miles at their own pace, or at any one of the runs around London or anywhere else in the rest of the country!
- **Step out or roll out the wheels** - Staff members can set themselves a target to complete a certain number of miles or steps in a certain amount of time. They can commit to do 20,000 steps a day for a month or to cycle 5 miles a day for a month, for example.
- **Break a record!** Ask as many people as possible to do the same thing at once and try to break a world record. Ask for a donation to take part.
- **Organise a raffle** - A staple fundraiser since year dot. Get staff and other businesses to donate if you can.
- **Bake sale** - Make sure staff find out about any specialist diets and people's favourites, so they know every last crumb will go!

For more information, please contact our Fundraising Team

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