
WALK TO
**MAKE
CYSTIC
FIBROSIS
HISTORY**



DIY FUNDRAISING KIT



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WELCOME AND THANK YOU!

This is a Do-It-Yourself (DIY) resource guide, which provides a list of fundraising events and ideas to help you raise money for the Walk to Make Cystic Fibrosis History. We want you be creative and successful, let's get started!

DIY FUNDRAISING IDEAS

BBQ's, car washes, lemonade stands, bake sales and garage sales, they are great ways to raise funds for a cause. Invite your coworkers, classmates, friends and neighbours to participate and contribute. A great tradition would be to hold the event annually, building community spirit. Below is a list of ideas from A-Z that you can implement at home, at work or in your neighbourhood with little cost and much reward.



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A.

Afternoon Tea: Dust off your best china and serve some tea and home-made treats to your friends and family and ask for donations to partake.

Air Miles: Collect your miles and raffle them off.

Arts & Craft: Make necklaces, dried flower arrangements, etc. to sell at a booth or to friends and family.

Auction: Auction off items, taking a percentage of the sales.

B.

Bottle Drive: Collect bottles and cans and return them to a bottle depot for reimbursement.

Barbeque: Get your friends, family and neighbours together and grill up some burgers. You can raise money by charging for each item or creating a meal deal (e.g. hamburger, chips & pop).

Book Fair: Collect unwanted books from friends over a period of months then hold a book sale for your co-workers, family or friends.

Board Games: Invite friends over to play Scrabble, Monopoly, Apples to Apples, etc. Charge an entrance or game fee.



Clear out some space in your home and raise funds by holding a book fair!

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C.

Casual Day at Work: Everyone loves casual Fridays. Try turning other days into dress down days at your place of work and ask for donations to your fundraiser as a price to join in.

Car Wash: Host a car wash. Ask a local gas station to donate the cleaning products, and the space. Put up balloons and signs, and wash away!

Chore Time: Make life easier and ask for donations to shovel the snow or sweep up the leaves.

D.

Dinner Party: Turn your dining room into a restaurant by cooking a great meal. Rather than getting friends to bring a dessert or appetizer, ask your guests to make a donation.

Darts Tournament: Challenge the teams in the area to compete for cash prizes.

Dog Walking: Charge to walk neighbourhood dogs.

Donations in Lieu of Gifts: Throw a birthday, anniversary, graduation or special event and ask guests to make a donation to the cause in lieu of gifts.

E.

Easter Egg Hunt: Charge an entry fee and ask your friends, neighbours, or co-workers to pay to participate in an egg hunt.

Eyebrows: Ask for donations to colour or shave them off!

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F.

Face Painting: Get creative with face paints at school events, fairs and children parties. Ask for donations to face paint others.

Fashion Show: Ask businesses to sponsor a venue or outfits. Charge admission for the show.

Film Night: Recreate an evening of cinema by showing films with a theme. Charge an admission fee.

Fun Run: Get donations to take part in an organised race - or organise your own where you live.

G.

Game Show: Host a version of your favourite show and source prizes. Ask your friends, neighbours or co-workers to pay a fee to join.

Garage Sale: Sell off your unwanted / unused items.

Gardening: Offer your gardening services to friends and family

Greeting Cards: Make and sell cards for every occasion. Find out about selling cards to your workplace.

Guided Tours: Take tourists and visitors on locally guided walk or trip for a small fee.

Give Up a Vice: Whether it be chocolate, biting your nails or your daily coffee – ask for donations to give it up for a set period - or ask people to donate to you per day.



Love to get crafty? Sell your one-of-a-kind handmade greeting cards to raise funds!

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H.

Halloween Party: Charge an entrance fee and raise money trick or treating.

Household Sale: Sell off your belongings you were going to get rid of.

Hair Care: Charge people a small fee to make them look like their favourite fairy tale, or help them get ready for a big night out.

I.

Ironing: Offer your ironing services at a cost.

Ice-Cream Eating: Ask for donations to buy huge tubs of ice cream and sell them by the scoop on a hot day.

J.

Jewelry Making: Buy your own beads and get threading. Sell your jewels at a market or craft fair. Even sell them to friends, family and co-workers.

Junk Mail: Collect all your junk mail and sell it to a recycling company.

Jazz Night: Raise money by belting out some classic jazz tunes.

Jog-a-thon: Ask for donations for every km you complete. Might be something to do at your local gym.



Help your community cool down on a hot day with an ice-cream stand!

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K.

Karaoke Night: Sell tickets for an evening of singing at a pub or private venue; you could get people to donate money to stop their friends from singing or have teams participate for an entry fee.

Kite Flying: Hold a kite-flying day for kids. Charge for tickets, and provide refreshments (ice-creams or hot-dogs, depending on the season).

L.

Lemonade Stand: Sell coffee, water or lemonade at your child's early morning or weekend sports games.

Lawn Mowing: Borrow a lawn-mower and drop leaflets through doors, charging a fee for your services. Make sure the leaflet explains what the money is for, and people will be more inclined to pay.



Get some fresh air and exercise by mowing your neighbours' lawns!

Luncheon: Invite everyone in your workplace, school or street to a lunch, for a small fee. This could work especially well in an office, where people will appreciate an unusual break in the middle of the day.

Litter Picking: People will be very willing to pay you if you're cleaning up a local park, beach or kids' playground. This is a way to help your local community while raising money for yourself, so everyone's a winner.

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M.

Marathon: Hold a marathon table tennis, aerobics, line dancing or badminton session. Get relevant companies to pay a fee in exchange for publicity in the hall (local gyms, sports shops etc). Ask for donations from friends and family too.

Mini Marathon: Ask for donations to run five or ten km around your community.

Mystery Night: This could be great, especially if you're a member of a drama group at school or college, who'll help you out.

Musical Evening: Get some talented friends together and hold a concert. Charge a fee to be part of the night.

Magic Show: Put together a magic show and get paid to perform at kids' parties.

Office Newsletter/E-blast: If your company distributes newsletters or interoffice emails take advantage of these! This sort of communication is a perfect way to get the word out about your team or your fundraising.



Gather your most talented family members and friends for a cozy musical evening.

N.

New Year Resolutions: Ask for donations to stick to your new year's resolutions.

Non-Uniform Day: People pay for the privilege of coming to school or work in their uniforms.

Name the Baby/Teddy: Make a list of 100 names, charge people a fee to choose a name, and give a small portion of the total for the correct guess. Ask if you can put the photo up in your local shop, with a moneybox and list of names.

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O.

Obstacle Course: Set up an obstacle course and charge people to race.

Office Collection Day: Stick a bucket on your desk with notices telling people what you're raising money for. Remind your colleagues that it's for a good cause.

Odd Job Days: Lawn-mowing, DIY, carrying shopping, walking dogs... offer your services in the neighbourhood - no job too small.

Outgrown Clothes Sale: This is good if you know lots of families with kids. They bring clothes that their kids have grown out of, and buy clothes that others have brought.

P.

Parties: Know some busy parents? Organise their kids' birthday parties for them in exchange for a donation.

Photo Competition: Charge people to enter. Get a camera-shop to donate a prize.

Plant Sale: Requires forward planning. Buy a packet of seeds, plant them, and when they're looking impressive, set up a stall and sell the plants for a donation.



Collect all the clothes the kids have outgrown and sell them online or at a yard sale.

Q.

Quizzes: Run a quiz at your home or restaurant and charge to partake.

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R.

Races: Be imaginative - think sack-races, baby races and charge people for entry and get a local company to donate a prize.

Raffles: Get friends and local companies to donate prizes. Go for unusual prizes like a day in a spa, a go-karting session or a takeaway pizza.

Read-a-thon: Get donations to read.

Recipe Book: Publish favourite recipes from local restaurants and chefs, or include your own dishes!



Get your friends and community cooking with a recipe book!

S.

Season/Series Finale Parties: Whether you are hooked on The Voice, in love with The Bachelor, or waiting to find out who will be America's next idol, top model, TV shows provide memorable finales and great fundraising opportunities. Charge your guests at the door to raise funds.

Sponsored Silence: Could you talk for ever? Your family and friends may want to pay good money to have you be silent for a day. A sponsored silence is an easy fundraising activity to organise.

Squash Tournament: Charge people to enter. Get a sports centre to donate five free sessions on the squash court for the winner.

Swim-a-thon: Ask for donations per length.

Scavenger Hunt: People pay to enter. They each receive a list of items they need to scavenge (a yellow flower, an item in a house, etc) Give a prize to the person who brings all the items to you first.

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T.

Talent show: Put on a performance, or host your own version of 'Canada's Got Talent' or 'Dancing with the Stars'. Sell tickets to your local community and donate the proceeds to your walk campaign.

Trivia night: Bring out the competitive side of friends or colleagues by hosting or attending a trivia night. You can raise funds by charging admission.

U.

Used Stamps: Get your family, friends and neighbours to donate their used stamps, and sell them to collectors.

Unwanted Presents: Arrange a post-Christmas sale of unwanted gifts. Ask traders to donate a cut of their takings.

V.

Volleyball Tournament: Get teams to pay to enter. Get local businesses to donate prizes for the winners: try the nearest ice-cream van.

Vegetable Eating: Get donations to eat your greens.

Video-a-thon: Rent movies and play them back-to-back for 24 hours. Print schedules and hand them out to your friends and family who can pay to watch their favourites. Offer a discount for those who last the whole 24 hours.

Vegetarian Evening: Cook all your favourite veggie recipes and pay people to come eat them. Don't just target veggies - meat-eaters will come too, out of interest.

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W.

Window Cleaning: Spend a weekend cleaning windows for your neighbours or local shops. Fundraising Tip: Ask for donations rather than charging a set fee and you may get more money.

Walks: Lead organized walks to historical spots and places of interest. Charge a fee.

Waste Paper: Collect waste paper and sell to recycling companies.

Water Sports: Teach water sports or ask for donations to take part.

X.

X-Files Day: Use your imagination - the ideas are out there! Hold an X-Files quiz and show episodes of the show all day.

Xmas Evening: Stock up on pies and other baked goods and charge a fee to partake.

Xmas Basket: Sell home-made gifts at a Christmas fair.

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Y.

Yoga Marathon: Ask for donations to do yoga for a day. You'll be so bendy by the end of it that you can charge people to watch you tie yourself in knots.

Yard Sale: Have a yard sale and sell items from your home.

Z.

Zoo Day: Organize a day at the zoo and be the person in charge of the group.

****Please consult local gaming regulations when conducting a raffle or auction****



Love yoga? Lead a community session and get your friends and neighbours involved!

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CHECKLIST

Here are some pointers on how you can host a successful fundraiser:

Develop a plan

- What type of fundraiser are you going to host?
- Choose a convenient date.
- Where will you host it?
- What is your fundraising goal?
- How are you going to promote your fundraiser?
- Do you need help? Think about asking friends and family to help you plan.

Host the Event

- Be sure to host the event on the chosen day. Even if it's raining or other elements fall out of place, it's good practice to make sure the show goes on!
- Celebrate and Share
- Collect the donations and don't forget to share them with anyone who participated in your fundraising events.
- Cystic Fibrosis Canada would love to hear all about your fundraiser! Please share your success and photos with us at walk@cysticfibrosis.ca or on social media.
- Please use the hashtags #cfwalk or #makecfhistory.

Post-Event – Remember to say thank you!

- Remember to thank your donors!
- Every donation counts and makes a meaningful difference in the lives of Canadians living with cystic fibrosis.

A man and a woman are walking a dog on a dirt path in a park. The man is wearing sunglasses and a black t-shirt, and the woman is wearing a striped shirt. The dog is a Weimaraner. The background is a lush green park with trees and grass. A teal text box is overlaid on the image.

**Good luck and thank you
on behalf of all of us
at Cystic Fibrosis Canada.
Together we can make CF History.**