

Fundraising Ideas

By yourself

Take on a challenge – run, swim, walk or skydive!
Get sponsored to give up something for a month
Sponsored silence

At work

Organise a sweepstake
Dress up or down day
Cake sale or baking competition

At school

Hold a sports tournament
Run a talent competition
Dress up as superheroes for the day

With friends

Come Dine with Me
Take part in an abseil or skydive as a team
Hold a pamper evening



#HelpYourHospital

www.york.nhs.uk/fundraising

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