



A-Z OF FUNDRAISING

A

AMAZING FEATS

Time to get out of your comfort zone!

Host a competition with your friends, family and/or co-workers to see who has the most amazing or bizarre party trick. You might even like to try to and break a world record!

AUCTION

"If you don't ask, you don't get" is a motto we live and breathe at the CTF.

Why not ring around and see which businesses & venues in your area could donate vouchers, products or services and auction them online or as part of an event.

B

BAREFOOT BOWLS

It's the new craze! Throw off those shoes and organise your own Barefoot Bowls tournament!

Not only is it plenty of fun, but it's the perfect opportunity for some team building!

BIRTHDAY

Let's be honest, we all have more than we need, so why not ask friends and family to donate to the CTF in lieu of gifts.

You can set up a fundraising page on our website or create a birthday fundraising event on Facebook to share with your network.

C

GOLD TURKEY

Give up something important to you for a month and ask your friends and family to sponsor you.

It could be coffee, using social media or something that reflects the challenges faced by those with NF, like your sight, mobility or hearing.

CUPID'S UNDIE RUN

A fun run that isn't about running or winning, or even undies. Cupid's Undie Run is about celebrating difference and the bravery of our NF Heroes.

Every February, CTF makes it publicly acceptable (and it's even encouraged) to run down the main streets of your city in your undies!

D

DONATE

Become a regular giver of the Children's Tumour Foundation by salary sacrificing through your workplace or by setting up a regular payment directly with us.

Regular giving allows us to plan our programs in advance, knowing that there is a regular investment coming into the account.

DODGEBALL TOURNAMENT

Dodge, Duck, Dip, Dive and Donate your ticket sales to the Children's Tumour Foundation.

Organise your workplace, school or university into teams and host a full or half day round robin event.

E

EVERY COIN COUNTS

Perfect opportunity to get the kids fundraising! Plus an easy way for you to fundraise too.

Collect silver or gold coins from your family, friends or workplace. Every coin counts!

EXHIBITION

Get local arts and crafts groups (wood turners, jewellery or nick nack makers, painters etc) to hold an exhibition of their work.

Charge an admission fee and ask exhibitors to pay a fee for their pitch.

F

FUN RUN

There are always lots of fun runs taking place all over the country. It could be a leisurely walk, colour run, tough mudder or even a marathon.

Whatever takes your fancy and matches your fitness level. Why not ask your friends/family to sponsor you.

FOOTY MATCH

Whatever your code, host a match in celebration of our NF Heroes.

Gold coin collections or sausage sizzle at your local club are a great way to arrange donations

G

GOLF DAY

Golf is a great way to bring teams, suppliers or mates together for a fun day out.

Make it interesting by dedicating a hole to fundraising - closest to the green or longest shot at a cost of \$10 per ball.

GARAGE SALE

One man's trash is another man's treasure. Hold a garage sale to sell all of your old clothes, toys and furniture.

You could also sell your treasures online, out of the boot of your car or man-shed/she-shed.

H

HEAD SHAVE

Do you have a head of luscious locks? So attached to your hair that the thought of cutting it all off would make you go pale with fear and anxiety?

Well that's exactly how people with NF feel everyday, so getting sponsored to shave your head in support of them should be easy!

HOME BUSINESS

Do you have a home business or side hustle that you do because you love it and have capacity to give through it.

Our covergirl, Penny is wearing a shirt her Mum Lana made for the NF community, with \$5 from every purchase being donated to the CTF. What great talent do you have to share?

I

IN LIEU OF

Instead of a gift for a special occasion, ask your friends and family to donate to the CTF instead.

It could be for a birthday, baby shower, wedding or christening - any occasion worth celebrating is an occasion worth fundraising for.

IN MEMORY OF

Creating an 'In-Memory tribute' allows family and friends to leave messages of love and support, share photos and give those who wish to an opportunity to leave a gift in memory of a loved one.

Speak to us about setting up a page for your loved one.

J

JIGSAW MARATHON

Get some willing people around and ask them to donate a small amount to be part of the jigsaw marathon.

Each person has a jigsaw and is timed to see how long it takes to complete. The winner is the quickest to complete all of the jigsaws.

JUMP

Take the plunge with the most hair-raising fundraising campaign.

Toss yourself out of a plan and face your fears so that those living with NF do not face theirs alone. Jump alone or get your friends to jump with you - it is guaranteed to be an experience you will never forget!

K

KITE FLYING COMPETITION

Enjoy a picnic day with the family and bring your kite; charge a fee for entering the competition and see who can keep their kite airborne the longest.

Why not go one step further and try to make a kite yourself?

KARAOKE NIGHT

Whether you charge for ear plugs or entry fees, sing up a storm with your own karaoke evening.

We recommend the song "This is Me". It is our song for our community.

L

LADIES WHO LUNCH

Get your friends together and organise lunch in exchange for a donation.

Better yet, organise with your workplace or clients and request a speaker to inspire you as you sip champagne.

LUNCH MONEY

Instead of buying lunch, why not have your work colleagues bring in their own lunch one day and donate what is normally spent on lunch to the CTF?

M

MOVIE NIGHT

Organise a girls night in, movie marathon or special screening of a new release or an old favourite at your local cinema.

Most cinemas offer a charity rate and may even throw in a glass of bubbles.

MUSIC

Do you play an instrument, or enjoy singing? Better yet, do you play in a band? Why not put on a concert or music recital to support the CTF? If you're thinking of going pro, you could also consider donating a percentage from your music sales, that would be music to our ears!

N

NF AWARENESS DAY

Ask your place of employment to get behind NF Awareness month.

Hold a luncheon, morning tea or fancy dress party to not only educate the community, but raise funds for those living with NF.

NF HEROES CHALLENGE

August is NF Hero Month.

Go on a hike, ride a bike or shave your head. There are no rules or bad ideas, only good intentions. Set yourself a challenge or give something up for the month, while raising funds for the CTF.

O

OFFICE OLYMPICS

Wastepaper bin basketball or an egg and spoon race? Charge your colleagues to compete and just let your hair down for the afternoon.

ONE DAY FAST

Get friends or an organisation to sponsor you to go without food for a day and donate the money to the CTF.

To up the ante, you might also like to encourage a group of people to join you.

P

POKER NIGHT

Hold a poker night with your pals and split the pot with us. Or everytime you get an Ace, you throw another coin in the pot.

Organise a charity poker night with all of your card shark friends!

PUTT PUTT

Let's putt an end to NF! Use your workplace hallway or foyer to organise a lunchtime putt-putt competition! You could also get some friends or family together for a friendly competition at the local putt-putt centre.

Q

QUIZ NIGHT

Let's get quizzical! Trivia or quiz nights are a great fundraising idea for large groups of people or corporate team building.

Charge an entry fee for a night of entertainment and include some additional games or a raffle to boost donations.

QUIET

Calling all chatterboxes!

Get sponsored to do a 24-hour silence where your friends, family and colleagues can donate to show their appreciation for a bit of peace and quiet...

R

REGULAR GIVING

Regular giving is a powerful and important form of support. It can be done monthly, quarterly or biannually.

To become a regular giver, all you have to do is sign up online to deduct the donation amount of your choice on a date that works best for you.

RAFFLES

It's a traditional fundraising favourite! To get started, complete a letter of approach and once you have your approval chat with local businesses. When they find out about the great cause you're supporting, they'll be sure to get on board with kind donations for you to raffle off at your next party or gathering.

S

SWEAR JAR

A swear jar can be a handy way to fundraise for the CTF while also creating good habits, whether at home or at work.

Any slip of the tongue equals a coin in the jar.

SWIM

Just keep swimming! Dive into the journey towards outsmarting NF and take part in an organised swim marathon like the Cole Classic, or host your own.

It's a great way to motivate you and/or your friends to get fit.

T

TRIATHLON

They say good things come in threes so why not take part in a triathlon and get all your family/friends to sponsor you!

It's a charity fundraiser set to challenge you and help us #conquerNF

TEN PIN BOWLING

Ten pin bowling is a fun, social way to fundraise for cancer research.

Test your skill in a sponsored bowl - if you're looking for an extra challenge you could even try it blindfolded in support of those with NF who have vision impairments.

U

UNDERWEAR PARTY

Wear your underwear as overwear. Get sponsored.

Perhaps think about creating a superhero challenge alongside it.

UGLY DUCKLING COMPETITION

It's time for a blast from the past. Bring in a couple of snaps of yourself from 20 years ago and hold a photo competition to see who was the "ugly duckling" of the group!

Get people to participate by small donation towards CTF.

V

VISIT THE VINEYARDS

Itching to experience Australia's iconic vineyards? A weekend trip to the Hunter Valley or Barossa Valley is always a good idea, so why not organise a bus trip and add a little extra charge for the CTF.

VOLLEYBALL TOURNAMENT

Hold a volleyball contest. Charge for admission and get sponsored for the number of aces you serve or net touches.

W

WINE TASTING

Hold a wine tasting evening, invite friends and ask for a donation to the cause.

I know drinking wine is a hard, but someone has to do it.

WALK TO OUTSMART NF

Grab a few friends and head off on a trek somewhere exciting while supporting the CTF. Take in some of Australia's (or the world's) most iconic landscapes - you can tailor the journey to suit your fitness levels and imagination!

X

XMAS PARTY

Tis the season of giving!

Turn the festive season into a reason to bring new hope to the journey towards conquering NF, whether it's a Christmas party for friends, family or coworkers.

X-BOX TOURNAMENT

Other games consoles are available and you can use any of them to host a fundraising night in for the CTF.

Provide the snacks and drinks and let your family and friends battle to win the games you've chosen!

Y

YOLO CHALLENGE

You Only Live Once. What's on your bucket list? Inspire others and get sponsored to do something amazing.

YEARLY COLLECTION

Keep a collection box at your home or office for the whole year and encourage family, friends, customers and colleagues to contribute to it. You can even set a target and keep a running total.

Z

ZUMBA-THON

Love Zumba? Do you know someone with a great studio, a teacher willing to donate their time and a bunch of friends willing to shake their booty?

A zumba-thon is the thing for you.

ZZZ

Looking for fun, sponsorship ideas? You've come to the end of our list! If you've tried one of our suggestions we'd love to hear how you got on and if you've tried more than one, you're due for a well-earned rest.

Zzz



NINE MILE TO SILVERTON RIDE

50km, 55 people and over \$6700 raised for the Children's Tumour Foundation in 2018.