



OUR A-Z GUIDE TO GETTING INSPIRED



Aa

Raise funds whilst you raise your **adrenaline**. Do a sponsored bungee jump, skydive or abseil.



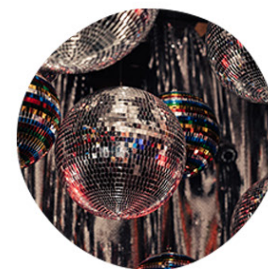
Bb

Host a **bake** sale! Everybody loves cake, especially when the profits are going to a good cause.



Cc

Invite your friends to a **coffee** morning and ask for a small donation whilst you chatter.



Dd

Why don't you set up a sponsored **dance-a-thon** or **disco** fundraiser and get moving!



Ee

Host an **event** of your choice and donate the proceeds to our life-saving work.



Ff

Ask your friends to sponsor you for a **food** challenge. Give something up or set a record!



Gg

Garden parties are the highlight of any summer. Invite friends and family and ask for a small donation.



Hh

Dye your **hair** a fun and crazy colour or host a mad hair day in your school or office.



Ii

Inspire and **inform** people by handing out information and talk to people about our work.



Jj

Host a **jumble** sale and sell any of your possessions you no longer get use from.



Kk

Have a **karaoke** party for your birthday and ask your friends to donate instead of giving a gift!



Ll

Set up the **lemon** balance challenge in your home or office and see how much you can raise for us.



Ss

Ask your **school** if they would like to get involved with your fundraising event.



Tt

Set up a **tombola** or a **tuck** shop and donate the profits!



Uu

Either at school or in the office – ask people to make a small donation for a **uniform** free day.



Mm

Organise a **music** gig and charge an entry fee on the door. Good tunes and good vibes!



Nn

Nominate your friends to take on a challenge with you. See how far you can go!



Oo

On special **occasions** such as a wedding or birthday, ask for donations instead of gifts.



Vv

Our project partners throughout the world have **volunteering** opportunities available at multiple sanctuaries.



Ww

Get everyone at your **workplace** involved! Use it as a team-bonding experience.



Xx

You could give a donation instead of giving **X-mas** cards during the holiday season.



Pp

Have a **party**! It could be virtual, at a venue or at your house and ask guests to donate.



Qq

Organise a **quiz** night at your local pub or from your own home over the internet.



Rr

Take on the challenge of a marathon **race**. 5k, 10K or train for the 42K London Marathon.



Yy

Yard sales are a fun way to make some money whilst giving your house a de-clutter.



Zz

Who needs **Zzz**'s when you can get sponsored to stay awake for 24 hours!





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Join our growing family from across the world

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