



Put FUN in your fundraising with any of these activities and donate to the Prostate Cancer Foundation OR set up a fundraising page at [www.blueseptember.org.nz](http://www.blueseptember.org.nz) and do your own #BlueDo.



## A

- **Abseil** – organize or sign up for an abseiling challenge and get sponsored
- **Aerobics** – host an aerobics event and charge an entry fee, or get sponsored by friends and family
- **Art** – ask friends who are artists or photographers to donate their work, or approach local artists. Stage an exhibition and charge entrance fee and commission
- **Auction** – organise an auction. Ask your friends, family and local businesses to donate items. Auction off at a live auction or on Trade Me with proceeds coming to the Prostate Cancer Foundation NZ

## B

- **Bad tie day** – charge your colleagues to come in wearing their loudest tie. Award the winner
- **Bake off** – challenge your friends to a bake off and sell the goods
- **Basketball Olympics** – wastepaper basketball – charge your colleagues to compete
- **Battle of the bands** – Contest for unsigned bands
- **Barbecue** – charge for the burgers and sell drinks
- **Bingo** – host a night of bingo
- **Bowls** – hold a bowls day/ tournament. Charge and entry fee
- **Book sale** – sell old books, collect from friends and secondhand stores may have overflow
- **Bungee Jump** – sponsored by family and friends
- **Bowling/Bowls** – hold a bowling tournament and charge an entry fee

## G

## C

- **Cake stall** – bake it and sell it
- **Car Boot Sale** – cash in your old belongings
- **Car wash** – at your shops, school, office car park
- **Celebrations** – ask for donations to PCFNZ in lieu of gifts e.g. birthdays, weddings, anniversaries
- **Cycling Challenge** – take part in a challenge event and raise funds [www.pedal4prostate.org.nz](http://www.pedal4prostate.org.nz)

## D

- **Dance-off**
- **Darts evening**
- **Dinner party** – get your friends to donate the cost of a meal out and cook them a tasty dinner!
- **DJ** – ask any DJs you know to do the music for an event
- **Diet** – get friends and colleagues to join you, \$1 per 100g lost!
- **Dog Walking** – offer to walk the neighbourhood dogs in return for a donation to PCFNZ
- **Dry** – get sponsored to give up alcohol or chocolate

## E

- **Expert Talks** – ask people to donate their time and expertise

## F

- **Fashion show**
- **Fancy dress party** – pay and win prizes
- **Film Night** – Donate the cost of a cinema ticket and popcorn, invite friends to watch at home – <https://www.netflixparty.com/>
- **Fishing competition** – reel them in hook, line and sinker – charge to compete, work with your local fishing club or pub

- **Games** – twister, Jenga, Team trivial pursuit. Pay to enter, donated prizes
- **Garden party** – sell tickets or invite guests to donate to your formal dress event
- **Gardening** – offer your gardening services to friends and family
- **Give it up** – get sponsored to give up chocolate, sugar, booze or whatever your indulgence is for Blue September
- **Go- karting** – organise a work trip
- **Golf tournament** – work with local golf club
- **Guess the number** – e.g. guess how many sweets in the jar or how many pies you can eat

## H

- **Hair** – cut people's hair and get someone to shave off a treasured beard
- **Hour of pay** – encourage your workmates to donate an hour of pay

## I

- **International themed evening** – buffet dinner, each guest brings a dish from a different culture

## J

- **Join in** with an existing event in your community (e.g. a fun fair, school fete) and run a stall or activity

## K

- **Karaoke night**
- **Knitting** – knit and sell goods

## L

- **Left-handed day** – try doing everything with your left hand for the day

## M

- **Make the most of your talents** – make necklaces, sculptures or cook food to sell
- **Marathon** – get sponsored to run
- **Massage** – charge friends and family
- **Mufti Day** – dress down at work – or dress in Blue!
- **Murder Mystery night** – dress the part to make it more fun! Charge to get in
- **Music concert**

## O

- **Odd Jobs** – help out friends for cash

## P

- **Press** – tell your local paper what you are doing
- **Paintballing**
- **Pampering evening - hold** a pampering evening and ask your friends for donations
- **Party! – 50s, 60s, 70s, 80s.** Dress up!
- **Personal challenge** – get sponsored to complete a significant personal challenge
- **Private lessons** – teach French or Flamenco, sell your skills
- **Persuade** your boss to hold a fundraising day for team building purposes
- **Poker Night** – share the winnings with PCFNZ

## Q

- **Quiz night** – get your local pub to help

## R

- **Raffles**
- **Read-a-thon**

## S

- **Sausage sizzle** - a kiwi favorite, you can't beat a sausage sizzle
- **Sell stuff** – sell stuff on Trade-me
- **Shirt2work** – get the whole office involved in a sports Shirt2Work day.
- **Silent Auctions**
- **Shave it off** – lose that long hair or that manicured beard – get sponsored to do it

## T

- **Taxi your friends around at a fee!**
- **Talent contest** – charge admission
- **Tea mornings** – put the kettle on and get baking. Entertain guests with raffles and auctions
- **Ten pin bowling** – bowling alleys sometimes have special rates
- **Treasure hunt** – entry fee and donated prizes

## U

- **Unwanted gifts** – get friends to donate items and have a boot sale

## W

- **Wacky ideas are the best**
- **Wine & Cheese party** – use homemade wine
- **Wine tasting** – hold tasting sessions
- **Work** – Ask your workplace to match what you fundraise