



...this World AIDS Day with our **A-Z** of fundraising ideas!

The following activities are just a few ideas to help you kick start the fun and ensure that your event is an enjoyable and entertaining time for everyone: participants and spectators alike. You can give any of the following ideas a 'red' twist or if you're feeling brave you can remind your guests that it's all about sexual health by adding a cheeky 'pants' theme. Let your imagination run riot!

A – Artwork

Friends or local artists could create artwork including paintings, photography or pottery and hold an auction or sale. Ask them to make the colour red a feature in their artwork.

B – BBQ

Hold a barbeque in your garden and request an entrance fee. For a cheeky option why not ask all your guests to wear red pants and have a competition to see who looks best

in them. Or maybe at this time of year your guests could wear their red pants over their trousers!

C - Cake Bake

Invite friends and neighbours round for a baking session or bake some cakes and take them into work. You could always add some red food colouring and embrace the spirit of the day by wearing red aprons. Sell each slice for a £1.

D - Arrange a Dance Off

If they think they've got the moves then charge your friends, family or colleagues £1 to participate in your Dance Off. Select some judges who know the Foxtrot from a Pop & Lock and let them decide who's King or Queen of the dance floor.

E – eBay

Sell any unwanted household items/ clothes you no longer wear/old Christmas pressies you never liked on eBay and donate the proceeds to us.

F - Fancy Dress Party

Throw a fun Fancy Dress Party and charge an entry fee on the door. Challenge guests to think creatively along the red theme... Little Red Riding Hood, the Devil, Jessica Rabbit to name but a few!

G - Games Day

Arrange a sports day for your community, work colleagues, neighbours or friends. You could either ask for donations per sport or a one off donation for the day. Perhaps you could take the humble egg and spoon race and add an awareness raising twist; participants have to put on a pair of red pants and a red bra over their own clothing before they can pick up the egg and spoon!





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H – Hair shaving or hair dying

Get friends and family to sponsor you for shaving off all your hair or your beard. Or if you're not feeling quite so brave why not get sponsored to dye your hair bright red.

I – Ice cream eating Competition

Gather a group of people at home or at work and see who can eat the most ice cream in 30 seconds. Ask for the entry fee before they get brain freeze!

J – Jumble Sale

The perfect opportunity to get rid of your clutter whilst raising much needed money for Terrence Higgins Trust this World AIDS Day.

K - Karaoke Night

Get a group of friends round for a singing competition, ask for an entry fee and provide some free food and drink. Alternatively, hire a venue such as a local pub and have a Terrence Higgins Trust collection bucket for donations. Why not stipulate the rule that the word 'red' must appear in either the song title or the band's name?

L - Lunch

Organise a picnic lunch with friends and ask everyone to bring some dishes to share. Don't forget the desserts too! Ask all fellow lunchers to donate what they would have spent on lunch to us.

M - Murder Mystery Party

Organise an event at home or at a local venue. Dress up for the part. Miss Scarlet was murdered by Professor Plum in the Red Reading Room with the red candlestick!

N - No Uniform Day

Encourage people to not wear their regular uniform or suit to work for the day and ask for a donation for the privilege. Keep it red by stating that at least one piece of red clothing must be worn.

O - 'Old Gold'

Get friends, family and colleagues to donate all their old jewellery and accessories and then hold a fabulous jewellery sale. Not only will customers be supporting Terrence Higgins Trust but they will be looking gorgeous whilst doing so!

P - Pub Crawl

Get together with your friends and enjoy. Don't forget to take some Terrence Higgins Trust collection buckets with you and ask permission from the pub manager before you start. Try really grabbing the punters attention by maybe wearing red undies over your outfits or dressing up as Santa!

Q - Quiz Night

Have a quiz night at home in return for donations or ask your local pub to hold the event and to donate a percentage of the takings. We've done the hard work by creating the Big Red Quiz for you...but feel free to add your own rounds.

R - Raffle

Organising a raffle and asking your local businesses to donate prizes is a fantastic start. But there are other prizes to consider... Perhaps at work you could raffle an extra day's annual leave or that a colleague has to make you tea everyday for a week. Be imaginative and get creative with your prizes.

S - Scrabble Night

Use this as an opportunity to show off your spelling skills to all your friends. You can play in teams or as individuals and ask for an entry fee donation. As an extra option why not give bonus points for words relating to World AIDS Day and sexual health or for words associated with red, such as tomato and stop.

T - Treasure Hunt

Ask participants for an entry fee. Prepare a set of clues which will lead people from one location to another and the first team to find the treasure wins! Why not include a red theme? Perhaps each clue is hidden on a red object for example taped to a red post box or hidden in a pair of red wellies.

U - Underwear As Outerwear

Be our Superman (or Superwoman) by getting sponsored to wear your red pants on the outside of your trousers for World AIDS Day.

V – Valet Service

Offer a car cleaning service to family, friends and work colleagues in return for a donation. Wax on, wax off!

W – World Cuisines

Enjoy a fine dining evening with guests cooking different courses/ dishes according to their nationality. In true *Come Dine With Me* style don't forget to score the food and ask guests to 'pay' for the courses they enjoyed the most.

X – eXercise

Hold a 'fun run' with family, friends or work colleagues and ask for an entry fee. Suggest that all participants dress up and wear something red. Another option is to get your local gym to plan a sponsored work out session.

Y – Y-Fronts

Get friends and family or work colleagues to decorate a pair of Y-Fronts and then hold a competition for the best design. Auction them off to the highest bidder. Make big bucks from your decorated smalls!

Z- Zero sugar

Ask family and friends and colleagues to give up eating sweets for a week and put the money they would've spent on them into a cookie 'collection' jar. This will keep the pounds off your hips and put pounds towards our vital services.

Whatever it is that gets your knickers in a twist this World AIDS Day, thank you for helping us to **Stand Up and Stand Out by raising vital funds and awareness for HIV.**

The HIV and sexual health charity for life

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