

There are many ways to raise money in an office, so don't feel limited by the ideas below. Involve as many teams as possible by explaining what MND is, how it affects people, and how the funds help. Greater understanding often leads to greater support and more funds raised.

## Fundraising ideas in the work place

### Raffle

Hold a **raffle** using unwanted gifts or donated prizes, ideal after **Christmas**. Ask colleagues or local companies to contribute, and run it during a lunch break for maximum engagement.



### Quiz

Host a fun office **quiz**! Get teams involved in a friendly inter-department competition that is just £1 per quiz sheet to enter. Crown the brainiest department and boost excitement by asking your colleagues to donate a prize for the winning team.



### Cake sale

Host a workplace bake sale or bake off and let your star bakers shine! Raise money by turning it into a fun competition where everyone votes for their favourite. Why not **register for one of our Bake It kits** to help you put on a showstopper?



### Dress down days

Dress up, or down to raise money. Wear our colours (orange & blue), host a mufti day or go all out with fancy dress where colleagues pay a £1 to take part. Don't forget themed days like Christmas Jumper Day - they're always a hit!



### Sweepstakes

Run a sweepstake at work with a small entry fee. Pick a name and see who wins! Use a sporting event or TV show like Bake Off or Eurovision. Offer a prize or a share of the entry pot.



### Team challenge

Get a group together to take on a challenge. Whether it's completing a **Tough Mudder**, a **UK trek** or giving up chocolate, a shared motivation makes it easier and more fun! You could even organise a sponsored head shave or leg wax and turn it into a company-wide event to boost support and donations.



## Other ways to give at work

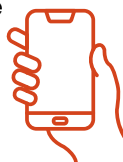
### Collect spare change

Place an MND Association **collection box** in reception or another high-traffic area within your workplace to encourage donations.



### Recycle for a Cause

Identify a local recycling company that offers cash in exchange for recyclable items. With many employees using printer cartridges or holding onto old mobile phones, your workplace could collect and donate these items, turning everyday waste into valuable support for the MND Association.



### Charity of the year

Find out if your company has a Charity of the Year programme. If so, consider nominating the MND Association. Alternatively, your employer may offer a **matched giving** scheme, doubling the impact of the funds you raise individually.

### Payroll giving

Support the MND Association with a monthly donation through **payroll giving**. Donations come straight out of your salary making it tax-efficient, so a £5 gift only costs you £4 if you pay the basic tax rate. Contact your payroll department to set it up and encourage your colleagues to do the same!

