

## There are lots of ways to raise money for us, but here are a few ideas to get you started!

### Afternoon Tea

Organise an afternoon tea for your friends. Ask for a donation or set a charge for a delicious afternoon tea

### Bike Ride

Take part in a sponsored bike ride for Heartbeat. Bike rides are a great way to be healthy and can involve people of all ages and levels of fitness

### Celebrate

Fundraise whilst you're celebrating. Ask your friends and family to donate money to Heartbeat instead of giving presents for birthdays, weddings and anniversaries

### Darts Match

Arrange a competition, charge an entry fee, hold a raffle and serve refreshments

### Easter Egg Hunt

For an entry fee, children can hunt around a garden or building for hidden eggs

### Fêtes

Arrange a seasonal garden or hall fête. Charge an entrance fee and ask stall holders to pay for their place or donate a percentage of their takings

### Golf Tournament

Ask your local golf club to hold a contest for charity. Have a raffle and an auction too

### Hiking for Heartbeat

Get out into the countryside and up some hills. Ask friends and colleagues to sponsor you

### Italian themed Dinner

Why not host a dinner party with a theme and cook up some Italian food

### Jeans to Work

Ask your boss if you and your team can wear your jeans to work and in return make a donation

### Karaoke Evening

Arrange a themed party in your local pub and charge an entry fee or sell tickets

### Labour of Love

Offer your skills or services in return for a donation, maybe wash your neighbour's car and see if they will give some cash to Heartbeat

### Marathons

It's a big challenge, but if you fancy running a marathon for Heartbeat we would love to hear from you

### Naughty but Nice!

Give up a treat such as chocolate or crisps for a week and donate the money you would have spent

### Open Garden

Show off your green fingers, charge an admission for people to come in and see your garden

### Press Up Challenge

Get sponsored to do a set number of press ups every day for a month

### Quiz Night

Organise a local quiz night and charge teams to enter

### Raise £2,018 in 2018!

Get together with friends and plan some major fundraising for the year!

### Sponsored Events

Arrange a sponsored event of your choice, be it sporty or energetic or baking... or even a sponsored silence

### Tuck Shop

Run your own healthy tuck shop at work and donate the profits to Heartbeat

### Unwanted Presents

Donate any unwanted presents to Heartbeat or sell them and donate the proceeds

### Volunteer

Become a Heartbeat volunteer and donate your time, experience and skills to help us raise funds

### Walk to Work

Walk to work and donate your petrol, bus or train fare to Heartbeat

### Xmas Party

Organise a festive party and charge an entry fee

### Yorkshire Three Peaks

Undertake an outdoor challenge

### Zumba-thon

Ask your Zumba class to undertake a class for Heartbeat and donate the class fees

