

10 ways to raise funds while you're socially distanced

Lockdown might be easing, but social distancing rules mean normal life hasn't yet resumed. In the meantime, here are some easy, socially distanced, fundraising ideas. Use them with small numbers of family and friends whilst outdoors and help to make a difference for people affected by motor neurone disease. Please ensure you follow current [government advice](#) at all times.

Team quiz

Organise a virtual quiz and encourage people to join with others in small groups, in outdoor spaces. More fun than quizzing alone, and the more people who join, the more money you can raise.

Football fundraiser

Football fans will be delighted when the game returns to our screens. Host a watch party with your mates on Zoom, with a sweepstake for the first goal and fines for whoever mutters forbidden words. Wearing full football kit is essential.

Drysolation

Pubs and bars will be opening soon. Challenge yourself to spend the remainder of lockdown without alcohol. Definitely worth a sponsor or two!

Get golfing

Golf courses are open which means golf themed fundraisers are back on. Could you test your stamina for a golf marathon? Or host a mini golf tournament and ask players to donate to take part?

Yard sale safari

Get your community on board with a yard sale safari. Agree a date with everyone who wants to take part to host a front garden/garage sale. A great way to reuse unwanted items and a good excuse for a clear out to raise money for families affected by MND.

Tennis tournament

Wimbledon might be cancelled, but why not set up your own tennis tournament at your local tennis courts. Ask participants to donate to take part and offer a prize or use a percentage of the funds as a prize for the winner.

Team fitness

Missing your weekly Park Run or fitness class? Get together in small groups, in your garden or local park to run, Zumba, yoga or plank. Make it a regular event for people to donate and take part or challenge yourselves to a monster session and get sponsored.

Big picnic

Get together with a small group of friends and family for a big picnic. Ask everyone to donate to join the picnic (and bring their own food) and play socially distant games.

Come dine (in my garden) with me

Eating in is the new eating out, right? Dine alfresco with a small group of friends and family and donate the funds you would have spent on a meal out.

Coffee morning or Tea party

Gather a small group of friends or neighbours and host a coffee morning or afternoon tea party outside. Ask everyone to bring their own mugs and donate the cost they would have spent buying tea and cake in a café. No washing up and lots of money raised!

Remember, whilst completing your fundraising you **MUST** adhere to [government advice](#) at all times.

Please tell us about your fundraising and sign up for a free pack

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