



how to help us fundraise

Like with many charitable campaigns, we rely on our incredible supporters and Social Volunteers to help us make things happen. By fundraising for us, you can help to make sure that the #TalkTLC campaign reaches out to as many lonely and socially isolated people from across the community as possible.

If you have a great idea for a fundraiser, we'd absolutely love to hear about it. [Register your fundraiser](#) with us and together we can make a real difference.

Not sure what to do to raise a few pounds in sponsorship? Here's a few ideas to get you started! ☺

- Abseil down a tall building
- Barn dance, Barbeque or a bath of beans
- Bike ride, black tie dinner party or old book sale
- Car wash, cake sale or coffee morning
- Climb Everest, car boot or craft stall
- Dress down day or dance competition
- [Donate your outgrown clothes](#) or [old furniture](#)
- Egg and spoon race
- Fancy dress party or fashion show
- Film night or football competition
- Guess the marbles in a jar at work or at your club
- Host a Halloween party – at any time of year
- Iron clothes or build an igloo
- Jog for miles or make jewellery
- Karaoke or fly a kite
- Lucky dip, line dancing or limbo competition
- Marathon, music evening or murder mystery night
- Non-uniform day or netball competition
- Obstacle course or office party
- Parachute jump, pirate dress up day or pet show
- Pizza night or pool competition
- Quiz night
- Run, ramble or row
- Raffle off some donated prizes
- Sponsored silence or swim
- Swear box or scavenger hunt
- Tea party, teddy bear's picnic or tombola
- University challenge or unicycle race
- Volleyball competition or vegetarian dinner
- Wine tasting evening or welly throwing
- X-Files day or Xmas party
- Yoga marathon or Yo-Yo competition
- Zombie dress up day

Whatever you choose to do, we'll support you!



www.talktlic.org.uk