



leave your handprint on the world

Start January with a bang!



After the excitement of Christmas, the dark months of January can seem like a hard time to be asking people for donations. The start of the New Year does however offer lots of new ways to raise money!

January Health Kick: are you cutting out the alcohol, cigarettes or junk food for January? Get some encouragement from your friends and help towards your target by asking people to sponsor you! Keep them updated with your progress, and even offer to keep the restraint going for as long as you're getting donations every day – a great bit of motivation for both you and your donors! Bonus tip: put all the money you save from not drinking/smoking/going to McDonalds towards your target.

January Night In: damp dark January is the time of year when everyone wants to stay indoors and hibernate – so use that to your advantage! Run some cosy fundraising get-togethers at home, such as a home movie night, pamper session, a board game evening or host a dinner party – and ask your friends to donate what they would have spent on a night out. And don't forget to add some fundraising games for extra fun and donations!

Healthy Bake Sale: theme up this perennial fundraiser by making healthy but tasty snacks to sell, such as carrot cake, low-fat muffins, veggie cakes, sugar free pistachio flapjacks, coconut bars, date and oat bars. There are lots of recipes and ideas online.

Rubber duckie day: run rubber duck races and hook a duck games on Rubber Duckie Day on the 13th January

Host a Burns Night dinner: Whether a small affair at home or something more elaborate, Burns Night on 25th January is a fantastic chance to get people back into the having fun and giving spirit! Haggis, neeps and tatties are very easy and economical to cook, and whiskey and poetry is a great draw! There's also plenty of opportunities to make some extra money – get people to pay to choose which poems are read, play heads and tails round the table, have a raffle for some Scottish themed prizes! For the extra adventurous, you could hire a band and caller for a Ceilidh!

Polar Bear Swim: get sponsored to do a swim in cold winter waters! People will donate out of sympathy for doing something so painful. (However, we strongly recommend getting advice from swim club or other experienced organisation and doing a full risk assessment to make sure you do it safely!)

Calendar sale: a great one for the creative, whether you're artistic or enjoy taking photos – create a 2016 calendar to sell a fairs, around uni and to friends and family.

Looking forward to February:

Valentines day: this offers a great opportunity to fundraise, whether it's running a valentines themed party, selling personalised cards and hand-made gifts, or running a kissing booth – so get planning now!

Superbowl party: run an American themed sports watching night!