

15 fundraising ideas

Bliss

for babies born premature or sick

Whether you're working towards a set fundraising target or a goal of your own these simple and fun ideas will help you get started.



£50
Simple sweepstake

Who will be the top scorer at the FA Cup Final? Who will win The Great British Bake Off? Set up a sweepstake and get everyone involved.



£50
Coffee morning

Why not host a coffee morning in your office? You could even ask a local coffee shop to donate a special blend.



£100
Bag it up

Bag customers' shopping and ask for a donation for your service. It's a great way to fundraise and raise awareness.



£100
Teal on Tuesday

Get everyone in your local school or business to wear something teal on a Tuesday and ask for a donation to Bliss.



£150
Clean up your clutter

Why not de-clutter your cupboard, sell your unwanted things and donate the money to Bliss?



£150
Raffle

Hold a raffle to boost your fundraising. Local businesses are often happy to donate prizes.



£150
Bake sale

Hold a bake sale at home, work or school. This is a simple but effective fundraiser (it's tasty too!)



£200
Get competitive

Put on a sports tournament and charge a fee to take part. Invite everyone you know, including local businesses.



£200
Wax, shave, be brave!

Feeling brave? Have a full body wax or shave your hair! Get sponsored to do something extreme for Bliss.



£200
Virtual challenge

Do a virtual challenge and choose your own activity and distance. Get a team together to reach a big goal.



£250
Bring and buy sale

One person's trash is another person's treasure! Ask everyone to contribute a few items each and sell them at a bring and buy sale.



£250
Curry night

Host a curry night at home or at a local restaurant for all your friends. Ask people for a donation to attend.



£300
Spinathon

Ask your local gym to host a spin session for Bliss. Add an element of competition by seeing who can cycle the furthest!



£300
Fingers on buzzers

Organise a quiz night in your local pub or school and charge teams to enter.

JustGiving™
£400

Set up a JustGiving page and share the link on social media or via email. You will be surprised how quickly your fundraising totaliser goes up!

Best of luck with your fundraising. If you need any extra support, call the Bliss Events Team on 020 7378 1122 or email us at events@bliss.org.uk