

## “30 for 30” Fundraising Ideas at Work

Join us in celebrating our 30th anniversary by taking on a special “30 for 30” fundraising challenge. Here’s some inspiration for you and your colleagues...

**1 WEAR IT BRIGHT :** Instead of the standard office dress down day, why not get the whole workplace involved with **#WearItBright** during Anaphylaxis Awareness Week to show your support for people living with serious allergies?

**2 MAKE YOUR OWN COLLECTION BOXES :** Download the FREE collection box templates from the [fundraising resources](#) on our website and make a collection box for donations at work during Anaphylaxis Awareness Week.

**3 QUIZ NIGHT :** Organise a quiz night for your work colleagues and have **30 questions per round**. Don’t forget to include [our allergy round](#) and encourage everyone to make a small donation to enter!

**4 ALLERGY-FRIENDLY BAKE SALE :** Spend the weekend baking a selection of allergy friendly cakes and treats and sell them to colleagues for 30p per treat. Compete against other teams to see who can sell the most treats!

**5 ARTS AND CRAFTS :** Do you or your colleagues have a special crafting talent? Why not **make and sell 30 handmade items**? Get your team involved in either making or selling the items.

**6 SPONSORED SILENCE :** Do you have a super chatty colleague? Why not sponsor them to **stay silent for 30 hours**? Or if that’s not possible... could you ban them from talking about their favourite subject **for 30 days**?

**7 GIVE IT UP CHALLENGE :** Whether its tea/coffee, chocolate, gaming, social media... why not try giving up something you really enjoy **for 30 days** and get sponsored as a team to do it!

**8 TAKE IT UP CHALLENGE** : Alternatively how about a 'take it up challenge'? Whether it's taking the stairs instead of the lift, making the teas and coffees at work, washing the coffee cups - do it **for 30 days** and get that sponsorship money in!

**TEA/COFFEE BAN** : Challenge your colleagues to give up the daily tea/coffee shop run **for 30 days** and donate what they would have spent on those hot drinks to Anaphylaxis UK instead.

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**10 DRESS THE BOSS** : How about getting the management team involved with a twist on a dress down day? Collect donations from staff and **for every £30 raised** you get to dress a member of the management team in the brightest outfit you can find!

**YES DAY CHALLENGE** : Challenge yourself to say YES to everything a colleague asks you to do **for 30 hours**, in exchange for donations of course! Don't forget to pay your donations online at [www.anaphylaxis.org.uk/donate](http://www.anaphylaxis.org.uk/donate)

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**12 30 PROMISES** : How about coming up with **30 team promises** that you can sell to the highest bidder? You could promise to share your chocolate, make the teas, wear rival sporting colours or any promise your colleagues or boss might like to buy!

**ALLERGY FACT FINDING** : Using the Anaphylaxis UK website, come up with **30 facts** about allergies and share it with your colleagues - raising awareness is key after all!

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**14 TIME TO SHINE** : Do you have a special talent? Why not organise a **30 minute** talent show at lunchtime and sell tickets to your colleagues! Get the whole team involved to showcase how talented you all are!

**GIFT WRAPPING SERVICE** : It's never too early to think about Christmas! Why not organise a gift wrapping service during your lunchbreak in exchange for a small donation for each present wrapped. Can you wrap **30 presents** over lunch?

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**TEAM JAR SAVINGS:** Challenge each team to collect small change in a jar over Anaphylaxis Awareness Week and see **how many teams can raise £30**? It's amazing how much small change you can find down the back of the sofa!

**BOOK SWAP SHOP :** Set up a book swap shop in your workplace and encourage everyone to donate their old books. Books can then be purchased for a donation. Can you **sell or donate 30 books**?

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**READING CHALLENGE :** Set your team a goal of **reading 30 books** before the end of the year. You could get friends and family to sponsor you for every book your family reads!

**30 MILES IN 30 DAYS :** Can you take on a team challenge of covering **30 miles in 30 days**? You can cover the distance however you like... Swim, walk, run, cycle! Don't forget to collect donations or sponsorship for every mile you complete.

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**SPONSORED SWIM :** Challenge your colleagues to **swim 30 lengths** of your local swimming pool at lunchtime and get sponsored for each length completed. If you want an extra challenge set a timer and see how quickly you can complete it!

**CELEBRATION CARDS :** Whatever the celebration... birthdays, Christmas, Easter, Valentines... could your arty colleagues make **30 cards** to sell for a small donation. People love one-of-a-kind cards that can't be bought in the shops!

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**WEAR IT ORANGE :** If you fancy a simpler #WearItBright challenge, could your team wear an orange accessory to work every day **for 30 days**? Don't forget to tell people why you're wearing so much orange!

**SPONSORED DANCE-A-THON :** This is one to help the whole team get their step count up and burn off some energy away from the desk! Can you **dance to 30 songs** in a day? Don't forget to get sponsored for each song you dance to!

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**KARAOKE CHALLENGE** : If dancing isn't your thing, then why not try a singing challenge? Can you sing to **30 songs in a day** or how about only picking songs from 1994, the year our charity was founded?

**DRESS DOWN DAY** : How about organising a dress down day at work with all donations going to Anaphylaxis UK? You could ask everyone to dress up as a famous person **from 1994 the year our charity was founded!**

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**BRIGHTEST SITE** : Using the '**Wear It Bright**' theme can you challenge each site to decorate their workplace in the most vibrant way possible. Each location pays an entry fee with the winners being awarded a dress down day or other incentive.

**SPONSORED RUN/WALK** : Can you and your colleagues complete **30 laps of a local park or sports track** over the course of the day? Get as many people as possible involved and wear something orange to show your support for Anaphylaxis UK.

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**SELFIE CHALLENGE** : Why not take on a selfie challenge and **take 30 weird and wonderful selfies** around the workplace? Even better, include an Anaphylaxis UK poster in your selfies to raise awareness!

**DONATE YOUR BIRTHDAY** : If you're feeling super generous and have a birthday coming up, then instead of buying cakes/treats for your workmates, give a 'donation' to Anaphylaxis UK instead!

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**RAISE £30 IN 30 MINUTES** : If none of our suggestions appeal to you, then why not set your team a quickfire challenge of raising **£30 in 30 minutes**? However you do it, you've got just 30 minutes to do it!

If you are organising your own event for us, there are a few things to consider to ensure that your event runs smoothly, safely and legally. Visit our [Keeping Fundraising Safe & Legal](#) webpage for more information.

**Good luck with your fundraising efforts and don't forget to let us know what you get up to by contacting [fundraising@anaphylaxis.org.uk](mailto:fundraising@anaphylaxis.org.uk)... We'd love to hear from you!**