



PIPS

Suicide Prevention Ireland

Fundraising Ideas

A-Z

Charity Number: NIC104726

A - Afternoon tea

Host a tea party at home, work, or a community center. Serve tea, coffee, cakes, and sandwiches and ask guests for a small donation to attend. You could add extra fun with a raffle or baking competition!

B - Bun sale

Bake a variety of buns, cupcakes, and sweet treats and sell them at your workplace, school, or community event. You could also take pre-orders and offer delivery to boost sales!

C - Car wash

Gather a team of friends or colleagues and set up a car wash at a local parking lot, school, or business. Charge a small fee per car, and offer extras like vacuuming or waxing for additional donations.

D - Dress down day

Encourage workplaces, schools, or sports teams to have a non-uniform or casual dress day in exchange for a small donation. You could also have a fancy-dress theme, such as “wear something yellow” to represent hope.

E - Exercise challenge

Take on a fitness challenge such as a sponsored walk, run, cycle, or even a skipping challenge! Set a target distance or time frame and encourage people to sponsor your efforts. You can also do virtual fitness challenges for those who prefer to participate remotely.

F - Football tournament

Organise a charity football match or five-a-side tournament. Charge an entry fee per team and consider selling refreshments, running a raffle, or having a donation bucket at the event.

G - Gaming marathon

If you're a gamer, set up a live-streamed gaming marathon and ask for sponsorships or donations from viewers. Platforms like Twitch and YouTube make it easy to engage an audience while fundraising.

H - Head shave

Brave the shave for a good cause! Ask friends, family, and colleagues to sponsor you to shave your head (or dye it a bright colour). This is a bold way to show your support and raise awareness for mental health.

I - International food night

Host a dinner party or food fair featuring dishes from different cultures. Sell tickets for entry or charge per dish. You can also include a cooking demonstration or recipe book as an extra fundraiser.

J - Jumble Sale

Declutter your home and organise a jumble or car boot sale. Invite friends and family to donate their unwanted items, then sell them to raise funds for PIPS. You can also sell handmade goods or baked treats to boost fundraising.

K - Karaoke night

Hire a venue or set up a virtual karaoke event. Charge an entry fee and encourage donations for song requests. Consider awarding prizes for the best (or worst!) performances.

L - Ladies' night

Host a pamper evening with beauty treatments, cocktails, and entertainment. Charge an entry fee and partner with local beauty therapists or businesses to donate services.

M - Movies night

Set up a cinema-style experience at home, a school, or a community hall. Charge an entry fee and sell popcorn, drinks, and snacks. Pick a popular film or host a themed night with costumes.

N - Nature walk

Choose a scenic route in your local area, invite friends, family, or colleagues to join you, and encourage participants to get sponsored for each mile they walk. You can also make it a mindfulness walk, with short stops for reflection and relaxation.

O - Obstacle course

Create a fun obstacle course challenge and charge an entry fee. This could be a small garden course for kids or a large-scale community event with muddy challenges and team participation.

P - Pub quiz

Organise a quiz night at your local pub, club, or online. Charge for team entry and include extra fundraising like a raffle, auction, or bonus rounds. You could even have a “mental health awareness” quiz theme!

Q - Quiet day challenge

Take on a sponsored silence for a set number of hours or a whole day. This is a great way to raise awareness of mental health struggles and encourage discussions about communication.

R - Raffle

Collect prizes from local businesses, friends, and family and sell raffle tickets. Hold the draw at a larger event or online to maximise fundraising potential.

S - Sponsored challenge

Take on a unique personal challenge, such as giving up chocolate, running a marathon, or doing 1,000 push-ups in a month. Ask friends and family to sponsor your efforts.

T - Talent Show

Organise a talent show in your school, workplace, or community. Charge an entry fee for participants and audience members. Offer fun prizes and encourage people to showcase their hidden skills.

U - Used book sale

Gather second-hand books from your community and sell them at a book fair. Offer discounts for bulk purchases and create a cosy reading corner to encourage donations.

V - Virtual Fundraiser

Host an online event such as a virtual quiz, comedy night, or concert. Set up a donation page and invite people to attend from anywhere in the world.

W - Walk for wellness

Organise a community walk to promote mental health awareness. Charge an entry fee, encourage sponsorships, and provide wristbands or T-shirts for participants.

X - X marks the spot

Create a fun treasure hunt for children or adults. Charge an entry fee and offer small prizes for winners. The hunt could be based on local landmarks or mental health facts.

Y - Yoga fundraiser

Host a yoga or mindfulness session and ask participants for donations. You could also offer a “pay what you can” class in a local park or online.

Z - Zumbathon

Organise a Zumba dance marathon and get participants to donate or seek sponsorships. Make it a fun, high-energy event with music and themed outfits.

Ready to get started?

Let's make fundraising FUN!

We're so excited that you're ready to make a difference! Whether you're hosting a fun event, taking on a challenge, or spreading the word, every step you take helps support PIPS Suicide Prevention Charity.

To learn more or get some helpful resources, visit our website at:

www.pipscharity.com

Have any questions or need guidance? Don't hesitate to reach out to us at:

fundraising@pipscharity.com

Together, we can make a lasting impact and bring hope to those who need it most!

Planting the seeds of hope