



20 Ways to Raise £20

Just £20 can fund one hour of research. If you've raised £20 why not tweet @ARUKnews with #£20challenge to let us know? If you haven't, here are some ideas:

1

Hold a Battle of the Brains quiz – write your own questions or contact us for a pack.

2

Eat a tube of Smarties and refill it with £1 coins. A whole tube holds £27!

3

Walk or cycle to work and donate the money you normally spend on buses, trains or fuel.

4

Start a swear or sigh box and get colleagues to donate 50p when they break the rule!

5

Get sponsored not to use the lift for a week.

6

Ask colleagues to bring in unwanted books for an office book sale.

7

Keen baker? Bake some treats and sell them to your colleagues. Can you make purple cake?

8

Trade in your Friday night take away and donate the money you save.

9

Get sponsored to dye your hair ARUK purple!

10

Recycle your old mobile and donate the proceeds.

11

Feeling fit? Hold a plank challenge – contact us for a pack.

12

Hold a bucket collection – just get permission from the land owner.

13

Keen sportsperson? What not hold a lunch time five-a-side match.

14

Sign up to a local walk or run and get sponsored to do it in fancy dress.

15

Offer to make the tea for your team for a day and get everyone to donate in return.

16

Sweet tooth or smoker? Give up for a month and donate the money you save.

17

Hold an apprentice style challenge and see which team can raise the most money in a day.

18

Hold a guess the sweets in the jar/ chocolate bars in the filing cabinet competition.

19

Coffee and treats – everyone loves a coffee morning for a mid-week pick-me-up.

20

Or simply donate £20.