

# Positive East: 25 at 25



**1. Red Run for World AIDS Day.** [Make the 5K or 10K Red Run your challenge](#) of the year! You'll be raising awareness of HIV in London and fundraising for services through sponsorship. Save the date, **Sunday 27<sup>th</sup> November, Victoria Park.**

**2. Your Birthday.** Always told you're hard to buy for? Save your friends and family hours of traipsing round the shops – ask for donations to charity instead.

**3. Dinner club.** Put on your chef's whites and throw a dinner party. Then just ask guests to donate what they think the meal's worth. You could even theme the event, including costumes!

**4. Run a London 10K.** [Take on a 10K challenge such as the British 10K or Great Newham London Run](#) and ask family, friends and colleagues to sponsor you on your Just Giving page. If you work has a matched giving scheme make the most of it to double your donations!



**5. Food forfeit.** A little sacrifice can go a long way when it comes to fundraising. Love cheese or chocolate? Get sponsored for abstaining and turn your loss into a charity's gain.



**6. eBay.** Do you have a cupboard full of unwanted items? Sell them on eBay and donate all or part of the sale to Positive East. [Or donate them and we can sell them on our site!](#)

**7. Make a monthly donation.** Set up a direct debit for a small donation each month and it will really add up to make a great difference throughout the year.

**8. Run a half marathon, or a marathon!** Achieve something from your bucket list. Ask your friends and family to sponsor you for taking on this very difficult challenge!

**9. Fundraising karaoke.** Organise a fundraising karaoke at your local pub, charging a small ticket price and boosting the fundraising with a raffle.

**10. Bake off.** Get your friends and colleagues to bake cakes and see who can produce the tastiest sponge! Sell what's left after the judges have done their tasting, you could even auction the winning entries.

**11. Hairless fundraisers.** Catch people's attention by shaving your hair, or long lasting beard, or even by waxing your legs to raise money! Ask friends and family to sponsor you.

**12. Collections.** Put those empty jam jars to good use and turn your small change into a **big difference.**



**13. Dress down day.** Ditch the uniform or the suit and encourage your colleagues to dress down in for the day, and make a donation.

**14. Film night.** Release your inner film geek with movies, popcorn and trivia. Transform your front room into a cinema for the night and get your friends round for fun and films. Ask your friends to make an entry donation or to donate to take part in the film quiz.

**15. Tea & Coffee morning.** This is a great way to get your friends together and to educate them about why the cause is important to you. Simply ask them to make donations for the refreshments.

**16. Cycling.** [Take on a cycling challenge](#), either set the route and distance yourself, or take part in an organised event, and ask people to sponsor you.



**17. House party.** Invite friends and family to your charitable house party, which you can fix around a certain holiday or pop culture event! Ask for entry donations, or donations in exchange for drinks!

**18. Singles party.** Organise a fun evening with lots of eligible singles in a cool venue. Ask people to make a small donation in order to get on the guest list!

**19. 5 a-side football.** Organise a charity tournament, encourage family, friends and colleagues to get teams together, they could even have silly names and dress up. Get donations per team or for each player taking part.



**20. Summer BBQ.** A great way to entertain and have fun whilst supporting a good cause. Simply charge a small entry fee as a donation, or ask for donations in exchange for yummy food.

**21. Car boot sale.** With friends, family or colleagues, collect up all your unwanted items and find a local car boot sale where you can sell everything, donating your profits to charity.

**22. Christmas party.** Organise a Christmas party for colleagues or friends. Charge for entry or ask for donations for food and drinks. You could also organise a small raffle to boost fundraising.

**23. Games Night.** This is the perfect fundraising event to bring all the family together, whether it's a classic board game or games console night. Charge each team or individual an entry fee for participating.

**24. Choose your own challenge.** Thinking about entering a triathlon, open water swim or sky diving? We'll support you in achieving your personal goals and fundraising!



**25. Nominate Positive East.** Nominate us for the charity of the year scheme at your work, or as the charity partner for work events, such as your Summer Ball or Christmas Party.

**For more information or to talk about any ideas**

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Donate: [www.donate2positiveeast.org.uk](http://www.donate2positiveeast.org.uk)

