GIVE.
HELP.
CARE.
REPEAT.

Improving life after brain injury

Headway
the brain injury association

A-Z fundraising guide ideas

A



Afternoon tea
Arts and crafts stall
Auction
Abeil

B



BBQ
Battle of the Bands
Book Sale
Bingo night
Bake sale

C



Coffee morning
Concert
Competition
Cinema screening
Cycle rides

D



Dinner party
Dances/disco
Darts tournament
Dog-walking

E



Egg and spoon race
Easter party/egg hunt
Exhibition
Eating competition

F



Face painting competition
Football match
Fancy dress days
Fashion show

G



Games night
Gardening
Give something up!
Guess how many sweets in the jar

H



Hats for Headway
Head shaving
Hair braiding
Halloween party

I



International food fair
Italian evening
Ice skating
Ice cream stand
Ice bucket challenge

J



Jazz night
James Bond night
Jewellery making/ selling

K



Karaoke night
Knitting marathon
Kite-flying day

L



Line dancing
Lottery
Luncheon
Livestream

M



Marathon events
Matched giving
Music & mulled wine
(or Pimms in summer)
Murder mystery

N



Netball tournament
No make-up selfie/ natural week
New Year's Eve party

O



Odd jobs for donations
Old clothes sale
Obstacle course
Office collection day

P



Pancake day/flip competition/sale
Plant sale
Pamper day
Pub games night

Q



Quiz night
Quintessentially British Day
Quit a habit

R



Raffle
Running
Rounders tournament
Rugby sweepstake

S



School sports day
Scrabble tournament
Skydiving
Sponsored silence
Sweepstakes

T



Tea party
Tug-of-war
Treasure hunt
Talent competition
Treks

U



Under the sea party
University challenge
Uniform free day

V



Valentine's Day event
Vintage clothes sale
Valet service
Variety Show

W



Who's the baby? – photo quiz
Wine tasting
Walk
Wax it

X



X-Factor competition
Xbox/console games night
X marks the spot treasure hunt

Y



Yoga evening
Yoga retreat day

Z



Zumba
Zip wire

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EVERY 90 SECONDS
someone in the UK is admitted to hospital with an acquired brain injury (ABI)

Headway – the brain injury association is registered with the Charity Commission for England and Wales [Charity No. 1025852] and the Office of the Scottish Charity Regulator [Charity No. SC 039992]. Headway – the brain injury association is a company limited by guarantee registered in England [No. 2346893].