

Your help can make a difference



Looking for inspiration to support Action Bladder Cancer UK?

We've put together an A-Z of fantastic fundraising ideas – there's something for everyone, whether you want to get active, social, or creative.



Afternoon Tea Party

Host a tea party with cakes, sandwiches, and donations.



Bicycle Ride (Virtual or Real!)

Cycle across countries virtually or set yourself a real-world cycling challenge.



Cheese & Wine Night

Host a delicious evening of cheeses and wine and charge an entry fee. A recent supporter raised a fantastic amount doing this.



Distance Rowing Challenge

Take on a rowing challenge – solo or as a team – on a rowing machine and cover an epic distance.



Eco Challenge

Fundraise while helping the planet – sponsored litter picks, recycling collections, or plastic-free challenges.



Fancy Dress Day

Get friends, colleagues, or schools involved – dress up for the day and collect donations.



Gig Night

Organise a live music gig or a virtual concert – one supporter held an amazing gig for ABC UK and we can help you do the same.



Head Shave

A brave way to raise funds – a sponsored head shave in support of a loved one with bladder cancer.



Indoor Games Night

Host a board game, video game, or pub quiz night with an entry fee and prizes.



Jumble Sale

Declutter and sell pre-loved items for donations.



Karaoke Competition

Sing your heart out for a good cause. Charge an entry fee and let the best singer win.



Laps for Charity

Run, walk, or swim a set number of laps and get sponsored per lap.



Marathon Challenge

Walk, run, or cycle the equivalent of a marathon over time or in one go.



Name the Teddy

A fun game – charge per guess and the winner gets a prize.



Office Fundraising Day

Host a dress-down day, cake sale, or fun challenges in the workplace.

www.actionbladdercanceruk.org

Tel: 0300 302 0085 Email: events@actionbladdercanceruk.org

ABC Fundraising Activities



Pub Quiz Night

A classic fundraiser – get a local pub involved and host a charity quiz night.



Quiz Challenge

Create a themed online or in-person quiz and charge an entry fee.



Raffle

Get prizes donated and run a raffle to raise funds.



Sponsored Silence

Perfect for kids and chatty colleagues – how long can they stay silent?



Triathlon Team Challenge

Test your endurance with a swim, cycle and run whilst raising money for a great cause!.



Upcycling Sale

Turn old clothes or furniture into something new and sell them for donations.



Virtual Challenge

Choose a fitness or endurance challenge and track progress online.



Walk for Bladder Cancer

Walk a set distance and ask for sponsorship – every step makes a difference.



X-Factor Talent Show

Host a talent show and charge for entry – singing, dancing, comedy, anything goes.



Yoga Class Fundraiser

Host a yoga session (in-person or online) and ask for donations to join.



Zumbathon

Get active and dance for donations with a sponsored Zumba session.

Every penny raised supports **Action Bladder Cancer UK** in raising awareness, supporting patients, and funding research.

Whatever you choose to do, have fun and make a difference!

Need support or fundraising materials?

Get in touch with us at www.actionbladdercanceruk.org or events@actionbladdercanceruk.org

Which idea will YOU take on?

