

If you are eager to raise funds to support Parkinson's research but are still trying to think of something that you could do, perhaps these suggestions might help to point you in the right direction?

1. **Garage Sale** – It's a win, win! A chance to get rid of unwanted belongings and have all the proceeds from the sale go towards your fundraising goal. Be sure to have a donation jar in case someone doesn't want to purchase anything but still wants to contribute!
2. **Exercise for a Cause** – Ask a local gym if they would be willing to teach a Zumba or Spin class for free and invite friends and family to participate at a set donation amount.
3. **Give an Incentive** – Offer to do something embarrassing, like wear an orange tutu or shave your head if you are able to raise a certain amount of money.
4. **Loose Change Jar** – Keep a jar by the washer & dryer – any loose change you find in your family's pockets goes straight towards your fundraising!
5. **Dress Down Day** – Ask your company if they would be willing to grant a "dress down day" for anyone who makes a contribution to your online fundraising page.
6. **Office Raffle** – Make a raffle basket with donated items from local businesses (gift certificates, wine, and chocolate) and sell raffle tickets for a set donation amount.
7. **Office Lunch Party** – See if your company is willing to host a pizza party for anyone who makes a contribution to your online fundraising page.
8. **Late arrivals and/or Swear Jar** – Any time someone arrives late to a meeting or says a swear word, they have to contribute 1 euro! (Works at the office and at home 😊)
9. **BBQ** – Invite friends, family and neighbours to your home and ask for a donation.
10. **Pay it Forward** – Consider doing a nice deed for someone and when they ask how they can return the favour ask for a small donation to your online fundraising page.
11. **Bake Sale/Lemonade Stand** – Get the kids involved. They could bake cookies or make lemonade and sell it to friends and neighbours.
12. **Mow-a-thon** – Ask neighbours if your kids can mow their lawn or rake leaves for a donation.
13. **Barter** – Are you a good artist or cook? Utilize your Trade/Skills to raise funds.
14. **Penny Wars** – There's nothing like a little friendly office competition! Create teams at your office and see which team can raise the most money!
15. **Host a dinner party** – See if a local restaurant is willing to donate food and invite friends and family over for a formal dinner party for a set donation amount.

We hope that this list has sparked an idea (or several ideas) and you are feeling eager to get planning. Alternatively, if you enter 'Fundraising Ideas' into your Internet search engine, you will find many additional resources. And, of course, whether you have a clear concept, or not, a group of experienced **#TeamBeatParkinson** fundraisers are ready to help you!

To be put in touch with one of our volunteers, receive a downloadable .pdf copy of our fundraising guide or ask any other questions, please email [info@demoucelle.com](mailto:info@demoucelle.com). We would be happy to support you.

Thank you so much for your interest in supporting the Demoucelle Parkinson Charity.