

Stuck for ideas?

Let us help inspire you! A-Z

## A

- **Art** - Break out the paintbrush and create a masterpiece. Hold an art auction with your friends and family and let them bid the night away!
- **Auction** - List something special or unusual on Trade Me and give the profits to GCF!
- **Aerobics** - Do a long haul aerobics workout at your local gym/community centre and have friends sponsor you.

## B

- **Bake** - Throw a bake sale or organise a High Tea with your friends and family
- **BBQ** - Put on a barbie at your local sports club or workplace
- **Barn Dance** - Throw a barn dance - yeeehhaa!
- **Board Game Night** - Invite your friends and family over for a Monopoly or Twister showdown
- **Birthday Party** - Throw a birthday party and ask your friends to make a donation to GCF in your name instead of presents

## C

- **Carwash, Car Boot Sale or Car Treasure Hunt** - The options are endless!
- **Cheese and Wine Party** - Why go out to a fancy restaurant when you can host a night in for
- GCF?
- **Christmas** - Give the ultimate present this Christmas, make a donation to GCF in the name of a friend. Much better than new socks and you can feel good knowing you've made a real difference when it counts.
- **Coffee Morning** - Forego your morning coffee and donate the money to GCF instead - get
- your colleagues on board and see if you can all go caffeine free for a week!
- **Challenge yourself** - to do that thing you always wanted to do - run a marathon, hike through a local reserve, or take part in a 10km walk. Bring a friend along with you to double the fun!

## D

- **Danceathon** - Think your moves are fly? Prove it with a dance off!
- **Dress Up Day** - Nothing makes work more fun than wearing a superman costume meetings.
- **Dress up** - as your childhood hero, dream job or a Hollywood superstar.

- **Darts** - Hold a competition with your friends and donate the entry fee.

## E

- **Egg and Spoon Race** - Have a retro games day with three legged races, sack races, bed making competitions and much more!
- **End of day nibbles** - Put on a fabulous spread for your friends or colleagues and make them pay to participate, all for a good cause.

## F

- **Fashion Show** - Are you the next Karen Walker? Strut your creations down a catwalk or better still, auction them off for GCF at the end.
- **Fun Run** - Who said running had to be about winning? Jog it out at around the bays or
- organise your own fun run.
- **Football or Foosball tournament**

## G

- **Gut Crunches!** – get sponsored for doing 14 gut crunches every day for a month
- **Guess the baby** - Have your friends or colleagues bring in baby photos and have a guess which baby photo belongs to who
- **Guess how many** - jellybeans in the jar
- **Garage Sale**
- **Golf Day** - Throw a golf day for your colleagues and clients to enjoy and get that money
- rolling in

## H

- **Head Shave** - Throw caution to the wind and shave you head for GCF - you'll be amazed how much your friends will pay to see you go bald
- **Halloween Party**
- **Hit a high note** - Have a talent quest!

## I

- **Italian Evening** - Invite your friends to be Italian for an evening with pizza, pasta, gelato and authentic gangster movies
- **Indoor gaming** - Think you are the King of the x-box? Prove it and make people donate to GCF to challenge your title!

## J

- **Juggling, jokes and giant shoes** - Fancy yourself as a bit of a clown? Grab yourself a red nose and some face paint and put on a magic show.
- **Juice Stand** - Nothing hits the spot better after Saturday morning sport than a nice cold juice set up a stand and go for it!
- **Jazz and Blues** - Are you a cool cat with a soft spot for jazz and blues? Have a jazz night and break out the Sinatra!

## K

- **Karaoke is making a comeback!** Sing your heart out for a good cause
- **Kayak** the distance and get fit

## L

- **Luck of the draw** - Hold a raffle or lucky dip
- **Lemonade Stand** - Raise money for GCF with this sweet classic
- **Lilo Races** - Great in the summertime

## M

- **Market stall**
- **Mountain Bike / Mountain Trek**

## N

- **Name that song** - Set your iPod on shuffle and have prizes for the winning team!
- **Nearly-New Sale** - One man (or woman's) junk is another man's treasure! Hold a sale where everyone brings their pre loved belongings and sell them to other eager buyers.
- **Netball Challenge** - See who is the best shot or set up a charity netball competition

## O

- **Olympics** - why not start your own school/office Olympics?
- **Ocean Swim** - Get sponsored to take a dip

## P

- **Party** - Throw a dinner party for your friends and ask them to donate how much they think the meal was worth!

## Q

- **Quiz Night** - Show off your brainpower and battle it out for the title of Mastermind!

## R

- **Race Night** - Run a race night and have a flutter for charity (you could also run a competition in the fashion stakes)
- **Raffles** are a great way to raise funds
- **Run, run, run!** Get fit and make a difference to the children at GCF - ask people to sponsor you per kilometre

## S

- **Skydive** - Ever wanted to prove that you are fearless? Take the leap and have your friends sponsor your efforts!
- **Sports Day**

## T

- **Teddy Bears Picnic**
- **Talent Quest** - Are you the next Madonna, Elton or Britney?
- **Triathlon**
- **Time Warp Party** - Miss your 1980's hair or 1960's mini-dresses? Bring it back with a time warp party. Groovy!

## U

- **Underwater Hockey Competitions** - It's a great sport, try it!
- **Unusual Outfit Day** - Got something fluorescent in your wardrobe?

## V

- **Virtual Challenge** - Row the length of the Cook Strait without leaving the gym or walk from Auckland to Taupo on the treadmill!
- **Valentine's Day** - Show the love by donating money to GCF in the name of your valentine!

## W

- **Walk it out** - Get a regular walking group together that people pay to be a part of. Meet for a coffee at different walker's homes each time.
- **Work a day** in someone's shoes Have an office auction - auction off different jobs in your workplace for a day - you'll be amazed how much your CEO might pay to be the receptionist for a day!

## X

- **X marks the spot** - Hold a treasure hunt



## Y

- **Yacht race paper** or real - whatever you can make work!

## Z

- **Zumba Competition** - Winners picked by either endurance or style - it's your choice!