



Make a difference this summer and spring with your colleagues

As the days get longer and the weather brightens, it's a great time to come together with your colleagues and make a real impact. Our Spring and Summer Office Fundraising Pack is designed to help you turn seasonal activities into vital support.

Inside, you'll find practical, easy-to-run ideas to suit every workplace, from spring bake sales and ice cream trolleys to outdoor cricket games, summer picnics, and charity sports days. Whether your team is in the office, hybrid, or fully remote, there's something for everyone to enjoy and take part in.

So gather your team, choose an idea that fits your workplace and together, we can help fund the research that will one day cure Parkinson's.

How to get started with your fundraising

1

Visit JustGiving [here](#)

Follow the instructions to set up your page here.

2

Set a target.

Fundraisers who set a target raise on average 46% more than those who don't.

3

Make it personal.

Tell people why your company is fundraising for Cure Parkinson's (what, where and when) and how their donation can make a difference. Don't forget to include a photo!

4

Tell your partners, business contacts, friend and families.

Send an email around to, or pop your JustGiving link in your email signatures. Don't forget to share on your companies social media pages.

If your company is interested in taking on any of these fun seasonal fundraising ideas and need some help please contact Lili, lili@cureparkinsons.org.uk



Summer fundraising ideas

PANCAKE DAY

Organise a Pancake Day fundraiser at the office! Serve up pancakes with a variety of toppings. Make a donation in exchange for a delicious treat.

SPRING BAKE-OFF

Bring in your favourite spring bakes to share – hot cross buns, simnel cakes, lemon drizzle or Victoria sponge. Sell the treats for donations and award prizes for the best presentation and tastiest bakes.

MINI EGG GUESS THE NUMBER

Fill a jar with a mini eggs and ask staff to donate to guess how many are inside, the closest guess wins the jar!



MAY DAY PICNIC

Find some outdoor space and have a team picnic with sandwiches, scones, and summer cocktails (or mocktails). Team members donate to enjoy.



WIMBLEDON

Serve strawberries and cream and invite colleagues to donate £2 per serving. For an extra dose of fun, encourage everyone to dress as their favourite tennis star and get sponsored.

SUGAR RUSH

Buy some sweets from a wholesaler and have a donation pot for colleagues to purchase them.

OFFICE OLYMPICS/SPORTS DAY

Hold a lunchtime or after-work sports day with egg-and-spoon races, sack races, tug of war, and three-legged races. Charge an entry fee and award silly medals.

ICE CREAM TROLLEY

Wheel a trolley stocked with classic ice creams around the office, selling them for small donations - keep colleagues cool while raising money.

GOLF DAY

Organise a golf day and invite customers, contacts and friends and family to take part.



WALKING CHALLENGE

Commit to collectively moving a certain distance and work together to hit your goal.



OFFICE CRICKET / ROUNDERS

Head out to your nearest park and take part in a fun team game of cricket or rounders. Charge an entry fee per players to get involved.

SWEEPSTAKE

With all sorts of sporting tournaments taking place during summer, charge £2 per person to enter a sweepstake and split the prize pot with the winner and Cure Parkinson's.

cureparkinsons.org.uk

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