



Make a difference this autumn and winter with your colleagues

As the year draws to a close, it's the perfect time to come together with your colleagues and do something meaningful. Our Autumn and Winter Office Fundraising Pack is here to help you turn seasonal activities into vital support.

Inside, you'll find practical, easy-to-run ideas to suit every workplace, from winter bake sales and coffee mornings to board game sessions, quiz nights, and New Year fitness challenges. Whether your team is in the office, hybrid, or fully remote, there's something for everyone to get involved in.

So gather your team, choose an idea that fits your workplace and together, we can fund the breakthroughs 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.
- 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



Winter fundraising ideas

SPOOKY DRESS-UP DAY

Encourage staff to dress up in their best costumes. Donate to join in or pay a fine if you don't!

WINTER PHOTO COMPETITION

Capture the season with photos of snowy landscapes, cosy corners, or frosty pets. Staff pay to enter, their colleagues vote and the best winter snap wins.

WINTER BAKE-OFF

Bring in your favourite seasonal bakes to share. Sell the treats for donations and award prizes for the best presentation and tastiest bakes.



WINTER WELLBEING CHALLENGE

Encourage colleagues to take on a month-long wellbeing challenge, from walking to yoga or even art lessons! Charge a small entry fee, and staff can set up sponsorship pages to boost fundraising.



OFFICE TALENT SHOW

Reveal your hidden talents! From singing to stand-up comedy, invite staff to perform. Audience members can donate to vote for their favourite act.

OFFICE GAMES

Set up board games, card games, or puzzles for a lunchtime tournament. Donate to take part and battle for bragging rights.

OFFICE QUIZ

Stay warm indoors and test your trivia skills! Host a general knowledge or themed quiz with teams paying to enter.

WINTER WARMER DRINKS STATION

Set up a cosy drinks station with specialty teas, coffee, hot chocolate, syrups, and toppings. Ask for a small donation per drink.

COSY OFFICE DAY

Swap office wear for PJs, hoodies, or onesies. Donate to dress down and keep things cosy for a day.



JANUARY FITNESS CHALLENGE

Start the year strong with an office-wide fitness challenge. Track your activity, raise sponsorship, and push each other toward new goals.



NEW YEAR RESET

Go alcohol, chocolate, TV (or whatever your guilty pleasure is) free for a month! Get sponsored, share your progress and celebrate your wins together.

GUESS THE NUMBER

Fill a jar with popular winter treats. Staff donate to guess how many are inside, the closest guess wins the jar!