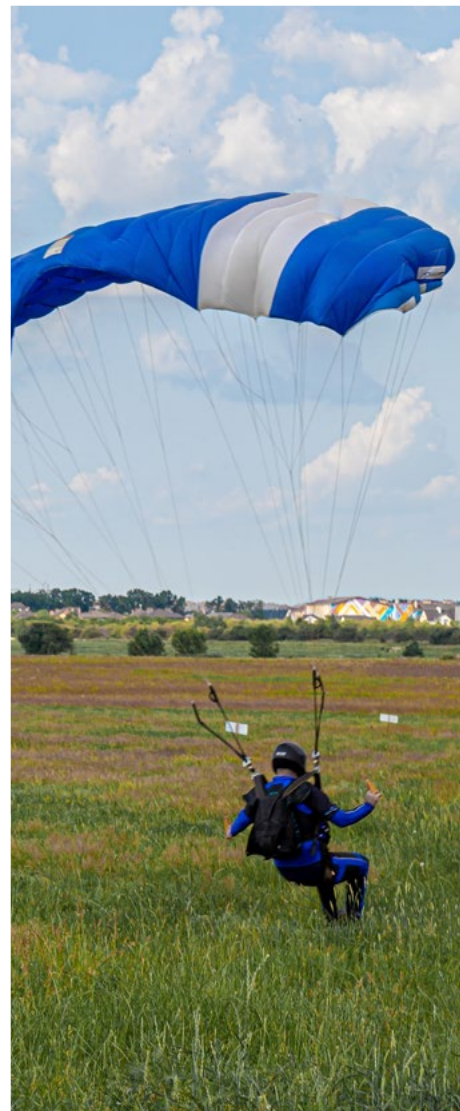


Fundraising for The British Psychotherapy Foundation

Ideas to inspire you!

bpf BRITISH
PSYCHOTHERAPY
FOUNDATION



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Our supporters make all the difference.

Here is an A–Z list of creative ways to inspire you and help your fundraising for the British Psychotherapy Foundation.

A

Abseil
Activities Day
Aerobathon
Afternoon Tea
Air Miles
Aluminium Collection
Arts/Crafts Stall
Art Exhibition
As New Sale
Auctions
Auction Of Promises

B

Baby Pictures - Guess Who
Bad Hair Day
Bad Tie Day
Badge Making
Bake Off
Baked Bean Bath
Balloon Race
Barbeque
Barn Dance
Battle Of The Bands
Beat The Goalie
Bed Push
Beer Festival
Bike Ride
Bingo
Birthday Presents
Board Games Evening
Boat Race
Boat Trips
Book Sale
Bottle Stall
Bouncy Castle
Bring a Pet To Work
Bring and Buy Sale
Bungee Jump
Burn's Night

C

Cake Stall
Candle Making
Car Boot Sale
Car Treasure Hunt
Car Wash
Carol Singing
Challenge Events
Children's Party
Choose Us As
Charity Of The Year
Coffee Morning
Collection Boxes
Come Dine With Me
Concert
Cookery Demonstration
Craft Fair

Cricket Match
Crossword Competition

D

Darts Match
Disco
Dance-Off
Dog Show
Dad's Night Out
Donate Your Skills
Donate Equipment
Dress Down Day

E

Easter Egg Hunt
Escape Room
Exhibition
Expert Talks

F

Fancy Dress
Fashion Show
Fetes
Film Night
Football Match
Foreign Coins
Fun Day
Furniture

G

Garage Sale
Garden Party
Gardening
Guess The Weight

H

Halloween Party
Hand Made Gift Sale
Hawaiian Party
Head Shave

I

In Lieu of Gifts
Inspirational Talks
Instagram Live Q&A
International Night
It's a Knockout

J

January Challenge
Jumper Day
Jewellery Making
Jazz Night
Jumble Sale

K

Karaoke
Knitting

L

Leave a Gift in your Will
Learn a New Skill

M

Marathons
Medieval Evening
Menu Donations
Mile of Pennies
Mini Olympics
Music Concert

N

Nature Trail
New Year Resolutions
Non-Uniform Day

O

Obstacle Race
Open Garden
Opera Night
Orienteering
Outdoor Cinema
Outward Bound

P

Pamper Party
Paintball Competition
Pancake Races
Pantomime
Parachute Jump
Parties
Play Your Cards Right

Q

Quizzes
Quit For 30 Days

R

Race Night
Raffle
Raft Race

S

Salsa Night
Santa's Grotto
Scavenger Hunt
Second Hand Sale

Silent Auction
Sit in a Bath of...
Skydive
Speed Dating
Spelling Bee
Sponsor a bpf Event
Sponsored Silence
Swap Shop
Swear Box
Swim-A-Thon

T

Table Top Sale
Talent Competition
Teddy Bear Raffle
Ten Pin Bowling
Tombola
Toy Sale
Treasure Hunt
Tuck Shop

U

University Challenge
Unwanted Presents

V

Variety Show
Vehicle Rally
Virtual Challenge
Volunteer

W

Walks
Waste Paper Collection
Waxing
Windscreen Wash
Wine & Cheese Evening
Wine Tasting

X

Xmas Evening
Xmas Raffle
Xmas Hampers

Y

Yacht Racing
Yard sale
Yellow Day
Yogathon

Z

Zip Line
Zodiac Evening
Zumbathon