

**51%** of the UK population will experience menopause

However you choose to fundraise for The Menopause Charity, we'll be on hand to help you every step of the way.



For fact-based information or to get involved visit:

[themenopausecharity.org](http://themenopausecharity.org)

**Contact us**

[fundraising@themenopausecharity.org](mailto:fundraising@themenopausecharity.org)

Putting the Fun in Fundraising  
*Fuelled by Menopause*

Join others fuelled by menopause and empowered to help make a difference.

**Together we can help everyone understand the mental and physical changes that occur during perimenopause and menopause; providing the information, support and access to treatments needed.**

There are hundreds of fun and fantastic ways to show your support and help raise vital funds for The Menopause Charity. From giving up a vice to challenges spanning the length of the UK, we never cease to be amazed by the incredible things that our supporters do as we help others through their menopause journey.

Whatever your reasons, your support means the world to us, and anyone who is or has struggled with the effects of menopause.



**Dr Radhika Vohra**

**“** I felt a great deal of pride raising vital funds by tackling a 13 mile walk. As a GP and Trustee at The Menopause Charity I truly understand the need for better awareness, knowledge and care for women during this important stage of life. Due to a history of injuries and back pain, I've never taken on a challenge like this before. But having made a conscious effort to be more active, exercise has brought huge benefits to my health and connected me to other strong, inspiring women.”

**fundraising pack**

To receive your fundraising pack and free t-shirt register your fundraising online at:

[www.themenopausecharity.org/support-us](http://www.themenopausecharity.org/support-us)

# Top fundraising ideas

01



## Bake Off

A cake sale is a tried and tested fundraising idea loved by everyone.

02



## Give it Up

Reducing or quitting alcohol or smoking is vital to help us manage symptoms and protect our future health.

Have you got the willpower to give up your vice for a day, week or even a month? Be it technology, make-up or your favourite treat – test yourself and help raise funds.

03



## Get Active

Exercise is crucial for our future health benefits and can help us manage our symptoms during perimenopause and menopause. There are a host of sporting and challenge events that can get you off the couch in support of The Menopause Charity.

04



## Give in Celebration

Whether it is a birthday, wedding or anniversary, you can make it even more special by asking your friends and family to make a donation instead of giving a gift.

05



## Get Sponsored

It could be a sponsored slim, silence, sitting in a bath of baked beans, wearing custard filled boots, or a bungee jump! The list is endless.

06



## Spare Change

Small change can make a big difference! Place a jar at your desk, or in your kitchen to catch your pennies – don't forget to Gift Aid your donation when you tot up the total in your pot!

07



## Quiz Night

Put your brains to the test and get quizzical with this fab fundraiser. Include some menopause questions in your quiz and help raise even more awareness! Our 'Did you know' facts or mythbusters are great to get people talking!

08



## Garden Party

Show off your green fingers or simply wow people with your cakes and afternoon tea for a civilised fundraising afternoon.

09



## Fashion Show

Indulge your inner fashionista and run your very own fashion show.

10



## Bring and Buy Sale

Clear the clutter whilst raising much needed funds for The Menopause Charity.

11



## Host a Ball

Fundraise with style by organising your very own charity ball or fundraising dinner.

12



## Wine and Cheese Night

Ask your local supermarket if they will donate the wine and cheese and sell tickets and produce to take away.

13



## Ladies Night

Get the girls round for a ladies pamper evening. Ask a beautician if they will offer treatments in return for a donation.

14



## Auction

You don't need antiques or celebrity signatures to hold an auction, auctioning off good deeds, talents and skills for the day can be just as effective. Anything from a car wash or home cooked dinner for two, to an hours maths tuition can get the cash rolling in.

15



## Dinner Party

Fancy yourself as a bit of a chef? Throw a dinner party with a difference and ask your guests to donate what they think the meal is worth. You could even ask them to return the favour in a 'come dine with me' style competition.

16



## Hold a Collection

Take to the streets with a bucket and a huge smile to raise vital cash. You can join one of our official collection days or arrange your own collection at a local supermarket. Don't forget to check with the fundraising team first as some collections require a licence.

17



## Film Night

Host a movie marathon or show your favourite flick in return for an entry fee. You can sell popcorn and drinks to boost your pot and create an authentic cinematic experience.

18



## Dress up or Dress Down

From fancy dress to PJs, from keeping it simple to going glam in a ball gown or even your wedding dress. Whatever you choose make it a day to remember supporting The Menopause Charity.

Join our movement at [themenopausecharity.org](http://themenopausecharity.org)

Together we'll bust myths, overcome ignorance and make menopause symptoms history