

How to

Get your fundraising started

Whether you're raising funds at work, university or amongst your family and friends, there's something for everyone when it comes to fundraising for Foothold! Here are some ideas to get you started:

Fundraising in the office

Jail & bail: Put your boss in 'jail' in a public area, and don't let them out until they raise a bail fee by calling friends and getting donations.

Accumulator challenge: work in teams to grow an initial £50 starting sum into as much as possible for Foothold in a set timeframe.

Host a sweepstake on almost anything - guessing the weight of a colleague's newborn baby, the Grand National, Eurovision – whatever takes your fancy. Just split the total monies staked; part to the winner and part to be donated to Foothold.

Dress up day - a twist on the traditional dress down at workday. Swap your jeans for dressing up to the nines for the day.

Hold a golf day, murder mystery party, gala dinner or race night.

Bake sale, coffee morning, sponsored silence, head shave or leg wax.

Working from home

Out-of-Office Olympics - create an Olympic Games with colleagues over Zoom. From bin basketball to rubber band archery and pencil javelin. Create your games, charge individuals or teams for entry and keep track of the points. Your winners can revel in their glory at your closing ceremony.

Gaming tournaments, craftersnoon sessions or running a masterclass to share your skills with others

Fancy-dress-on-Zoom day

Fundraising at University

Organise an engineering-themed fundraising activity within the engineering society or amongst your engineering course peers or alumni.

Nominate Foothold as one of your RAG charities or set up a Foothold society!



Fundraising with your local IET network

Local Networks are communities of IET members that come together to deliver activities designed to promote the importance of STEM subjects to the general public, encourage young people to enter the profession and provide opportunities for engineers to share knowledge and network with each other.

If you're already a member of a local IET network and would like to support Foothold at a future meeting or event, here are some ideas to begin your fundraising:

Run a raffle or an auction at events

Do a collection or hold a coffee morning at meetings

Put on a special event in aid of Foothold, e.g., a prestige lecture or gala dinner

Why not also help to raise awareness of Foothold by simply including a Power point slide at the beginning of your presentations? Email Gemma to request a pre-prepared slide: gemma.timmis@myfoothold.org. You can even book a Foothold representative to speak at your event by following this link: www.myfoothold.org/book-a-speaker/

Challenge yourself

A personal fitness challenge like reaching your step-count every day for 30 days

A sponsored walks/hikes/runs/cycles that you record on Strava

Giving something up

Learning a new skill

Share your challenge and get sponsored. You can set up a free online fundraising page to collect your sponsorship and fundraising securely with Just Giving justgiving.com/foothold

Don't forget to share a selfie on socials, tag us and make a donation to mark the occasion. We'd love to see your fun photos and videos.

Whatever fundraising challenge you set yourself, please get in touch with us. We'd be delighted to welcome you to #TeamFoothold - and will do everything we can to support your fundraising efforts and make them a huge success!

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