

Fundraising Ideas

Host your own fundraiser for healthcare at Royal Columbian

Everyone has different ability levels, and the ideas below are intended as examples. If you're challenging yourself, set realistic goals, set caps if necessary, and have fun with it!

FITNESS

Time-Based Challenge


Perform X activity in X amount of time

- Do 1000 squats in 30 days
- Walk 10,000 steps daily for a week
- Do a yoga workout daily for a month

Distance-Based Challenge

Perform X activity in X amount of time

- Bike 500 kilometres in 6 weeks
- Hike 1,000m in elevation in 1 month

 **TIP:** Use [Strava](#) to track your progress & share results with your donors

Dollar-Based Challenge

For every \$X donated, do X activity

- Bike 1km for every \$ donated
- 1 sit-up for every \$ donated
- 1 minute of cardio for every \$ donated

Additional Ideas

- Run a race, marathon, or sports event & ask people to sponsor you
- Create a fundraising team to complete the race together
- Offer fitness or meditation classes by donation
- Host a sports tournament

GET HAIRY

Make A Change

If you reach a donation goal


- Dye your hair a crazy colour
- Change your facial hair
- Shave your head or get a dramatic haircut

ARTS & CRAFTS

Sell Handmade Items & Services

Donate all or a portion of the sales

- Ceramics
- Knitted or crocheted items
- Painted items
- Greeting cards
- Cookies/baked goods
- Bracelets/jewellery
- Handmade soap & candles
- Pet or family portraits
- Sewing/needlepoint

 **TIP:** Ask purchasers to share a photo of themselves with their purchased items to promote your fundraiser


Offer Lessons

Entry by donation

- Pottery wheel lessons
- Painting lessons
- Cooking lessons

Challenge Yourself

- Draw a comic for every \$20 donated
- 24-hour knit-a-thon
- Decorate a new kind of iced cookie for every \$50 donated

 **TIP:** If necessary, set a cap so you don't end up overwhelmed

GIVE IT UP

Challenge Yourself

Give it up a day for every \$X donated

- Video games
- Sugar
- Caffeine
- Social Media
- Watching TV

SPECIAL OCCASIONS

Celebrate with a Fundraiser

In lieu of gifts, accept donations for

- Birthday
- Wedding
- Christmas
- Anniversary
- Graduation

PERFORMANCE

Host a Virtual...

Tickets by donations

- Concert or musical performance
- Standup or improv show
- 24 hours of performance

MISCELLANEOUS

Other Ideas

- Run a bottle drive. Collect empties from friends & family. Return & donate the proceeds
- Host an environmental campaign – for every X dollar raised, pick up a bag of garbage
- Tutoring in exchange for donations
- **Anything you can think of!**

IN SUPPORT

In Support or In Honour

- A fundraiser can be a valuable way for friends and family to show their support and give towards a cause that matters deeply to you.
- Has the hospital provided you or someone you love with critical treatment or saved a life? A fundraiser is a great way for friends and family to show their support and help celebrate recovery.

START FUNDRAISING

Frequently Asked Questions

Why should I fundraise for Royal Columbian?

Your donations help us support the work of Royal Columbian Hospital, including new equipment, innovation and research, and the ongoing redevelopment of the hospital. Thanks to your donations, Royal Columbian Hospital is able to continue providing the best possible care in all areas, from cardiology to mental health. Visit [Your Impact](#) to learn more about how your donations make the difference.

How long should I fundraise for?

On average, fundraisers typically run from 2 weeks – 1 month, but the length of your fundraiser will depend on the type of fundraiser you put together.

If you have set a specific time goal (e.g., 100km in 30 days), then your fundraiser will end when the time goal is over. If you're planning an event or participating in a run, your fundraiser will end when the event is over. For creative or sales fundraisers, you may want to decide ahead of time how long the fundraiser goes for, keeping in mind that you can always extend the timeline, if necessary.

Can I do a different fundraising idea than the ones listed?

Absolutely! We love to see creative and unique fundraising ideas*. If you have any questions about getting your fundraiser going, please don't hesitate to reach out using the contact info below.

What happens if I don't meet my goal?

You set a goal in order to have something to strive for, and to encourage donors to help you meet that goal. But the real achievement is raising money for a great cause, so even if you don't meet your monetary goals, you're still a winner.

Do I have to fundraise for a specific unit or item?

While some fundraisers have a specific equipment item or hospital unit in mind, there is no obligation to fundraise for something specific. If you want the funds you raised to go where they're most needed, just select "Greatest Needs" as your fund.

What have past fundraisers done?

A number of wonderful fundraisers have been created to raise money including:

- Taking family portraits by donation
- Painting and selling inspirational rocks
- Selling handmade bracelets
- Hosting a fundraiser to celebrate a significant medical recovery
- Accepting donations in lieu of birthday gifts
- Hosting an annual hiking event

Do I need to notify Royal Columbian Hospital Foundation that I'm creating a fundraiser?

We love hearing from you, but setting up your own personal fundraising page is quick, easy, and can be done without any assistance from the Foundation. However, we're always happy to help you get set up, so don't hesitate to reach out to the contact info below if you have any questions or concerns.

How do I set up a fundraiser?

Setting up a fundraiser is easy! Visit [registration page to create your personal fundraising page](#). Setting one up is easy and user-friendly, but if you have any outstanding questions we're just a phone call or email away. Get in touch through the contact info below.

Once your fundraiser is set up, and you're ready to get started (i.e., have your inventory established, planned your event*, or any additional steps necessary for your fundraiser), promote your fundraiser by sharing a link to your personal fundraising page, and letting your friends & family know that you're raising funds for Royal Columbian.

**For all gatherings and events, please abide by current public health guidelines*

[START FUNDRAISING](#)

CONTACT US

Shae Fowler, Development Coordinator

Phone: 604.520.4438

Email: shae.fowler@fraserhealth.ca