

Autumn Fundraising Guide



World Mental Health Day is in October and is a great opportunity to raise awareness of Centrepoint's work - more than a third of the young people who come to Centrepoint have a mental health issue such as depression or anxiety. 66% of young people who received support from Centrepoint's psychotherapy and mental health team reduce the severity of their symptoms. Here are our top fundraising ideas for autumn so you can support Centrepoint and have fun doing it!



International Day of Charity

Bike to School Week is at the end of September - ask your friends and family to sponsor you to cycle to and from school all week. Email us beforehand to request your branded t-shirt to wear. Donate the money to Centrepoint at the end of the week, it couldn't be easier!

National Curry Week is in October - host a curry night with all your friends and ask them to make a donation to Centrepoint to attend. They could all bring a different curry or side dish to showcase a variety of foods.

National Baking Week is in October - host a bake sale at your school or workplace and ask your colleagues or classmates to make a donation to Centrepoint in exchange for a cake or cookie. Or you could hold a bake off competition and recruit a judging panel to decide who will be crowned star baker.

International Day of Tolerance

Halloween film night - host a scary film night on Halloween with all the horror classics! Decorate the house with pumpkins, skeletons and cobwebs and you could even serve some spooky snacks and drinks whilst watching. Ask friends and family to make a donation to Centrepoint to attend. Charge fundraising forfeits such as every time someone screams or hides under the blanket they have to make an additional donation.

Pumpkin Carving Competition - ask friends and family to donate to Centrepoint to take part and see who can create the prettiest pumpkin, most creative design or set your own theme. You could serve pumpkin pie to the guests to fuel their carving.

Guy Fawkes Night - host a bonfire night in your garden and let the sparks fly! Make sure to set off the fireworks safely and build a bonfire for everyone to warm up around. You could serve hot chocolate or toffee apples whilst watching the display and ask your guests for a donation to Centrepoint to attend.

Get in touch - email events@centrepoint.org to let us know when you're planning your event so that we can provide support and resources in the lead up to it.