can you #spend an hour on aberlour?

See our top 12 fundraising ideas overleaf

aberlour
scotland's children's charity

The clock is ticking…
Stop children suffering, before it's too late.

We're asking supporters to **#SpendAnHour** on Aberlour and raise as much money as you can in one hour – or in as many hours as you please!

#SpendAnHour   **f** /AberlourCC   🐦 @AberlourCCT

Whether you are doing it alone, in a group, at work or with friends, here are our **top 12 fundraising ideas**:

1 60 minute challenge
Challenge yourself and be sponsored to see how far you can run, walk, jump, hop, skip, cycle or cartwheel in 60 minutes.

2 Hold an afternoon tea or coffee morning

3 Sell your skills
Are your exceptionally good at something? Sell your skills by the hour to teach someone something new.

4 Have an auction
Set up an eBay account to sell unwanted items and donate a percentage of the proceeds to Aberlour.

5 Hold a sale
books, cakes or anything else.

6 Organise a raffle or tombola
Ask local businesses to donate prizes and sell tickets!

7 Office sweepstake
You can do an office sweepstake based on almost anything; the winner of the Grand National, Six Nations, World Cup or even how many sweets are in a jar.

8 Are you crafty?
Sell your homemade jewellery, cushions, framed artwork etc and donate all or a portion of the proceeds.

9 Sponsored skip, sing, silence

10 Donate an hour of your salary
and encourage your colleagues to do the same, save up a few pennies from your pocket money each month or donate an hour of your sales profits or tips.

11 Distribute collection cans
Spend an hour helping us distribute collection cans in your area.

12 Collection
Have a bucket collection at a school show or local community group.

All **#SpendAnHour** fundraisers will receive a t-shirt and fundraising pack to help you raise funds for Scotland's children.

Please contact **fundraising@aberlour.org.uk** or call **0141 260 9180** for more information.

www.aberlour.org.uk

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