

WAYS TO FUNDRAISE

SHOUT ON SOCIALS

Share your story: tell people why supporting Combat Stress matters to you. Update the story on your fundraising page and then post on social media to let everyone know what you're up to and why it matters. Visit our [website](#) for [veteran stories](#) and more information on our work.

GET CRAFTY

If you, or someone you know is good at crafts of any type, get making items to sell. Knitted goods, fabric crafts, pottery, and much more sell well, both online, in the office, at fetes or at coffee mornings.

DECLUTTER

Get a great job done and raise vital funds at the same time – win, win! There are some great online sites for selling your unwanted items – Vinted is free to list. Local Facebook groups often have a 'for sale' section, or you could do a car boot! Add any funds raised directly on to your fundraising page.

HOLD A BAKE SALE

Most people love a sweet treat, so why not channel your inner Mary Berry and get baking! Whether you choose to sell your creations at the school gate, the office or your local village hall, cake sales are often popular and can raise good funds. Use our handy ['how to' guide](#) to help.

SPONSORED MILES

Ask your colleagues, friends and family to sponsor a specific mile of your marathon. They may wish to sponsor a mile in memory of a loved one, or they may pick a specific mile for another reason. This can also motivate you during your marathon, knowing that you're running that mile for a loved one. Attach a ribbon to your top for each mile sponsored or Sharpie them on your arms to remind you who each mile is for!

FUN GAMES

Games such as 'guess the name', 'spot the ball' and 'guess the number' are great fun. Source some prizes and ask people for a donation to take part. You could also take some close-up pictures of places or items for people to identify or make up faces by dividing in three and using features from multiple people ie the eyes of one, the nose of another and the mouth of a third.

HOST A MOVIE NIGHT

Host a movie night for you and your friends. Turn your house into a cinema with a selection of snacks. Ask them to donate what they would have spent on a night at the cinema.

“GUESS MY TIME” COMPETITION

Have friends donate to take part in a “guess my time” sweepstake. Choose a flat entry price everyone must pay. Use some of the money to buy a small prize for the winner, and the rest can be donated on to your fundraising page.

HOLD A RAFFLE

Contact local businesses and let them know what you're doing and why Combat Stress is important, and ask if they would like to donate a raffle prize. You can also ask family and friends if they have any prizes they could donate. Host the raffle at work, a pub, a gathering with friends or at a club you attend.

RUNNING COURIER SERVICE

You'll already be getting lots of running in, so why not use your running as a delivery service? Ask local family and friends if they want anything picked up or delivered in return for a donation.