

WAYS TO DO IT YOURSELF

Ask a Friend DIY Fundraising doesn't get any easier than to just Ask a Friend – No event required. Simply send an e-mail or letter to friends, family, colleagues – anyone in your network and tell them how ET affects you personally and the IETF mission is important. If you give them the opportunity to donate they can share in your passion for a finding a cure. If you need help getting started, sample messaging can be found online at www.essentialtremor.org/diy.

Organize a Fundraising Activity (below are just a few options, but the possibilities are endless. Get creative!)

Have a 50/50 raffle, half of the proceeds go to the winner and the other half go towards your fundraising. Many times the winner donates their half back to the cause! Be sure to check with your local laws as each state has different regulations.

Sell your skills. Provide lessons on cooking, sewing, golf, jewelry making or any other fun activity. Set a donation price and people will be happy to save some money and learn something new while supporting a great cause.

Host a party. Collect donations and entertain at the same time. Create a theme and have fun! Ask for a birthday gift pledge. Have your friends and family to write you a birthday check and then you can donate the amount to your pledge total.

Create an “Extra Change in My Pocket” Box. At the end of the day, ask friends and family to drop their spare change in a little box. Over time, small change can create big changes for people with ET.

Hold an Auction. Approach local businesses to donate goods or services and hold an auction. Items can include gift certificates, gym memberships, sporting goods, concert tickets, wine and so much more.

Other ideas

Basketball/Softball Tournament

Chili Cook-off

Benefit Dinner

Bowling Tournament

Car Wash

Casino Night

Concert

Concession Stand

Dress Down Day/Casual Day at Work

Flower Sale

Golf Outing and Silent Auction

Restaurant Give Back – Guest wait staff

Bake sale, cookie bake-off

Holiday Gift Wrap

Pancake Breakfast

Garage Sale

Walk/Run for ET

Talent Show

Yard work/snow shovel for donation