



A IS FOR

Ask for donations instead of a birthday present.



BISFOR

Get your friends and family together for a morning of tasty treats and chest checking conversations. Ask your guests to donate what they would have spent on brunch out.



C IS FOR

Turn your crafty skills into a fundraiser. You can teach a class, organise a craft-athon or sell your handmade creations online.



DISFOR

Don your best disco outfit and show off your moves on the dance floor. Entry by donation.



EISFOR

Host a lunch, curry night, or pot luck at home and ask your guests to donate what they would usually spend on a meal out at a restaurant.



F IS FOR

Create a fantasy football league. Ask your friends for a donation to enter and see who can draft the best team.



GISFOR

Discover who is the best at board games. Donate to enter the competition.



H IS FOR

Hike up a mountain and ask your friends and family to sponsor your epic adventure!









J IS FOR

Give the items you no longer need a second life by organising a jumble sale with profits going to CoppaFeel!. Ask your friends to bring along their unwanted goods too.



K IS FOR

Find out who's got what it takes to be the next superstar. Bonus points for boob themed sonas!



L IS FOR

Push yourself to achieve something amazing that's outside of your comfort zone.



M IS FOR

Challenge yourself to run a marathon. Or half of one.



N IS FOR

We love weird and wonderful events, as long as you and all of your guests are safe.



O IS FOR

Get your colleagues involved & see if your company will match your fundraising.



P IS FOR

Wear your PJs to work in exchange for a donation. Like dress down day for adults.



Q IS FOR

Get your chef's hat on and fire up the grill for a charity BBQ night. (Or if you're a stickler for the rules, hold a Quiz Night).







R IS FOR

Come together with your loved ones during Ramadan to organise a fundraiser in support of CoppaFeel!.



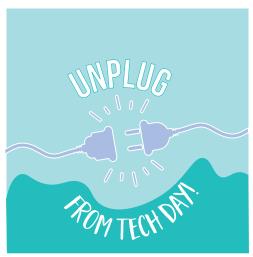
S IS FOR

Set up a swear jar at work or home and watch the pounds add up.



T IS FOR

Encourage your community to give Tithe to CoppaFeel! and spread life-saving breast awareness together.



UIS FOR

Challenge yourself to unplug from tech for 24 hours. Use this time to be more present, spend time in nature, practice self care, and check your chest!



VISFOR

Crown the next gaming champion among your friends. You could even stream your tournament on Twitch to connect with friends from afar.



W IS FOR

Ask your friends and family to make a donation to CoppaFeel! instead of giving a gift. If you want to go the extra mile, you and your partner could also make a donation in place of wedding favours.



X IS FOR

Need a Christmas gift idea for the friend who already has everything? Why not give the gift that keeps on giving and donate to CoppaFeel! on their behalf.



Y IS FOR

Organise a yoga class in exchange for a donation or challenge your friends to a yoga-thon and see how long you can keep stretching.



Z IS FOR

Challenge yourself to create zero waste for a day and ask your friends and family to sponsor your efforts.



