

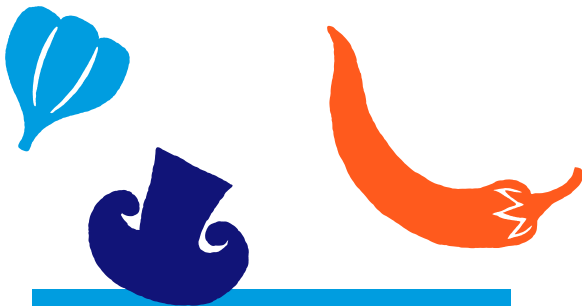
FUNDRAISING THROUGH THE SEASONS – AUTUMN

Thank you for sharing our vision of a world where diabetes can do no harm. Your dedication, passion and energy funds our life-changing work and allows us to be there for those who need it. Cosy up and fundraise with loved ones to help create a better future for people affected by diabetes.

Curry night – invite your friends and families to celebrate Britain’s favourite week – National Curry Week! Organise a curry cook-off with colleagues bringing in their best creations. Let the office decide who is the Curry King or Queen by trying a dish for a suggested donation. If you’re in need of some inspo, check out our recipes [here](#).

Halloween fancy dress – who says that kids need to have all the fun on Halloween? Ask your colleagues to dress up for Halloween and raise funds for people affected by diabetes. It may make those Teams calls a little more interesting...

Bonfire night – make sure this Bonfire Night goes off with a bang by hosting your own display and asking friends and family for a donation whilst enjoying the show. Remember, remember, the 5th of November!



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Halloween bake sale –

whip up some freakishly good cakes and see who the best baker in the office is. The answer might just shock you! See some of our cake recipes [here](#).



Stoptober – is there a habit that you've been looking to kick? Stoptober is the perfect time to give it up, and why not ask friends and family for support to help you achieve it?

Bake Off sweepstake – As The Great British Bake Off returns to our screens once again, make things a bit more competitive with a Bake Off sweepstake. Ask people to donate to enter, then arrange a prize for the winner.



If you want any support with your fundraising, please don't hesitate to get in touch with us. Thank you for raising vital funds for people living with and at risk of diabetes.