

# FUNDRAISING THROUGH THE SEASONS – SPRING

**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. Shake off those winter blues and help us support people living with and at risk of diabetes!**

**Company spring clean & sale** – ask your colleagues to bring their unwanted items to the office and set up a stall. If someone finds something they can give a new home to, ask for a donation and it's all theirs!



**Lent** – the perfect opportunity to kick a habit for a good cause. Give up something you love for Lent and have your colleagues sponsor you for your effort.



**Community iftar** – if you're planning to fast for Ramadan, why not combine this with some fundraising? Host an iftar in your local community for a small entry fee, or invite participants to join in over Zoom.



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**St Patrick's Day** – St Patrick's Day is a worldwide celebration of green, parades and Shamrocks. Get involved in this spectacular event by encouraging your colleagues to wear something green or have an Irish-themed day in the office.



**Pancake Day** – have a good old fashioned pancake flip-off with each participant donating to take part. Find some inspiration for the winning pancake recipe [here](#).



**Lawn-mow-athon** – after a long winter, gardens are often neglected, especially our lawns. Take advantage by running a lawn-mow-athon. Take part by mowing as many lawns as possible in your local community in one day and donate any takings to Diabetes UK!



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.