

## **Support Rehab at Work**

Whether you work in an office, a shop or even a building site there are many ways you can fundraise for Rehab!

### ***Collection Box***

We supply the collection box and all you have to do is leave it in a busy spot like the canteen or reception.

### ***Organise a Sweepstake***

Whether it be for the horse races or even football, just let us know and we will supply you with sponsorship cards specially designed.

### ***Casual Clothes Day/ Fancy Dress Day***

A lot of companies have Casual Fridays, well why not make it a Rehab Casual Friday or even more fun by having your very own Fancy Dress Day! To participate all your colleagues need to do is donate €2 to Rehab. We will supply you with collection buckets and Rehab t-shirts.

### ***Online Auction***

Ask your colleagues if they have anything valuable that they would be willing to put online on ebay.ie to help raise funds for Rehab. Then when you have enough items e.g. 10 let the Fundraising department know and we will put them up on eBay.ie.

### ***Cake Sale***

Organise a cake sale at work and encourage colleagues to bake some delicious treats. Not only will it help support Rehab but its fun and will taste good!

### ***Raffle***

Hold a raffle in aid of Rehab and the lucky winner could win a hamper. Have the hamper in a busy place and ask your colleagues to buy a strip of 5 tickets for €5 or 3 strips of 5 for €10.

### ***Donate Your Time***

This is different to the usual way of just handing over a donation. Employees can donate to Rehab what they earned for the last hour of a month or years salary.

### ***Auction off promises***

A fun and different way to fundraise for Rehab would be to ask your colleagues to donate their time or skills and then auction them off. It can be anything from a night of babysitting to an afternoon of DIY.

### ***Sponsored Challenges***

Why not you and your colleagues 'Skydive for Rehab' or even better take a sponsored trek to Vietnam? Whilst having these amazing experiences you will be greatly helping to support Rehab.

### ***Sell Rehab Pens***

Sell Rehab pens at €2 each to your colleagues. Not only will they be supporting Rehab but they'll have a pen so big that they'll never lose it!

### ***Fashion Show***

All you have to do is ask a local boutique to lend you clothes to model on a catwalk. And who should be your fashion models? Your colleagues! Ask everyone to pay an entry fee of €5 to see your colleagues strut their stuff on the catwalk in the latest fashionable gear!

### ***Hold a Rehab Christmas Office Party***

This Christmas why not make your office Christmas party a Rehab one! We will supply you with donation envelopes that you can give out at your staff party, inviting those attending to make a donation to Rehab. Afterwards if you send in the photos, we can put them up on the Fundraising section of the Rehab website.