Auction: Source some prizes and ask friends and colleagues to bid.

Bingo: There’s nothing like a bit of bingo for some healthy competition.

Care for a Cuppa: Bring together your colleagues over tea and cake.

Dance-a-thon: Channel your inner Strictly with a fun workout to raise funds.

Eating competition – ‘I’m a Celeb’ style with insects or other unusual cuisine.

Film night – gather your colleagues to view some classic films.

Games night – whether it’s a game console tournament or some classic board games.

Lunch club: Set up a Come Dine with Me themed week.

Tea party: A great fundraiser as a match between friends or something bigger, ask everyone to enter teams of colleagues to turn it into a tournament.

Happy Birthday: Buy gifts for a loved one using Give As You Live or Amazon Smile to raise money for us at no extra cost to you!

It’s a knockout: Set up an office sports day.

Jewellery: Make and sell jewellery to your colleagues.

Karaoke evening at a local pub – award prizes for the best (or worst!) singers.

Takeover: Pamper your colleagues. Are you a trained beautician or masseuse or know someone who is.

Quiz night: Whether it’s in your favourite pub or your work canteen everyone loves a chance to test their grey matter.

Affle: Ask local businesses to donate prizes such as vouchers and food or drink.

Treasure hunt: You could charge an entry fee, let people buy clues, or get prizes donated. Why not all three?

Sweepstake: Up the excitement for the Rugby World Cup, GBBO, Strictly; whatever takes your fancy!

Wanted: It’s the perfect way to clear out your house after you’ve got your Marie Kondo on!

Wheelchair: It’s a classic fundraising technique that provides an interesting insight into how much your friends are willing to pay to hear you shout ‘ouch’!

Face: Show off your talents and discover some hidden stars.

Zumbathon: Donate the usual cost of a Zumba class! Get your local gym or sports centre involved.