



# Dystonia Ireland

Dystonia is a neurological movement disorder  
which may affect anyone at any age.

## Fundraising Ideas

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- A**  
Art Exhibitions, Auctions, Aerobics Marathon, Antique Fairs
- B**  
Bake Off, Balloon Race, Barbecue, Barn Dance, Beard Shave, Bike Race, Bingo, Book Sale, Bowling, Bridge Night, Bring and Buy Sale, Buffet Lunch, Buffet Supper
- C**  
Cake Sale, Car Boot Sale, Car Wash, Card Night, Carol Singing, Charity Dinner, Charity Stall, Cheese and Wine Party, Christmas Day Swim, Cinema Premier Charity Screening, Coffee Morning, Come Dine with Me, Concert
- D**  
Darts Match, Dinner Dance, Dog Show, Dress down Days
- E**  
Easter egg Hunt, Easter egg Raffle, Egg and Spoon Race, Exhibitions
- F**  
Fancy Dress Party, Fashion Show, Fishing Competition, Five A Side Football Tournament, Charity Match, Flower Arranging Demonstration Evening, Fun Run
- G**  
Garden Party, Golf Tournament, Guess the Baby Photo Competition, Greyhound Meeting, Gym Challenge, Gymkhana
- H**  
Halloween Charity Party, Head Shave, Horse Show, Horse Racing Night, Horse Racing Event
- I**  
Indoor Games Competition, Ice Skating, Iron Man Challenge,
- J**  
Jeans Day, Jazz Brunch, Jazz Night, Jumble Sale
- K**  
Karaoke Night, Kite Race, Knitting
- L**  
Lottery, Luncheons Charity, Litter Day Sponsored by Schools
- M**  
Marathons, Mini Marathon, Mid Summer Ball, Motor Bike Events, Murder Mystery Night, Music Recitals
- N**  
Non- Uniform Day Schools/ Work
- O**  
Opera, Open House, Open Garden
- P**  
Pancake Day, Pantomime, Parachute Jump, Plant Sale, Photography Competition, Pub Quiz
- Q**  
Quiz Night
- R**  
Race Night, Raffles, Rag Week, Resolutions – Give up Smoking, Sweets, Chocolate
- S**  
Sports Day, Sponsored Slim, Supermarket Packing, Supper Party,
- T**  
Table Quiz, Tandem Parachute Jump, Tea Party, Tennis Tournament, Treasure Hunt, Triathlon
- U**  
Unused Book Sale
- V**  
Valentine Day Party
- W**  
Walks, Whist Drive, Wine Tasting, Wine and Cheese Party
- Y**  
Your own idea
- Z**  
Zoo Walk

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[www.dystonia.ie](http://www.dystonia.ie)

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