

No Pain, No Gain

Helping Hands Fundraising Ideas



8 year old Arati is one of over 200,000 people each year who are diagnosed with leprosy, a disease that if left untreated can cause disability, lead to blindness and leave people facing a life of exile and poverty.

The good news is you can help make a real and lasting difference in the lives of people like Arati.

Just £5 will provide a pair of glasses that will help protect eyes made vulnerable by leprosy.

£200 will help to cure, care for and restore a person affected by leprosy.

Here are some creative ways to put your groups hands to work in a life changing way...

Work of art

Hold a 'Paint Your Own Hands' or 'Paint Your Own Face' (with no mirror!) event. Why not take some pictures as evidence to use when asking for sponsorship!

Odd jobs

Draw around your hand and write a chore that you could do for family or friends on the thumb and each finger.

Hand holding night

Get your group to partner up, and spend the whole session buddied up, holding hands. Do all your activities literally 'together'!

Bake sale

Get the group to bake some treats and sell them to friends, family and church! You could even host a coffee morning.

Hands free!

Go 24 without lifting or watching any technology – tv remotes, mobile phones, tablets, gaming console controllers...this one might be more tough for the leaders!

Coin collection

Surround yourselves in money by collecting coins throughout the term and laying a coin chain around your church or building. You could see how many times you can manage to go around, and spell out your support for people with leprosy with any extras.

You can get your group to ask people to sponsor them or they could pay an agreed 'fee' for taking part in the activity you choose. Sponsorship forms can be downloaded from the church section of www.nopainnogaintlm.org